

End-of-Year Message from OhioMHAS Director Tracy Plouck

As 2015 draws to a close, I wanted to take a moment to reflect on our accomplishments this year, and, more importantly, extend my sincere thanks to all who have contributed to the advancement of Ohio's behavioral health services system.

At his January 2015 inaugural, Gov. John Kasich noted, "Every Ohioan deserves a chance and an equal opportunity to achieve their God-given potential, and that's the Ohio we're rebuilding for everyone." With your dedication and support, our system continued to make progress in many areas.

This year, we worked hard to continue our efforts to stem the tide of opiate addiction in Ohio (including the release of a Community Toolkit and the investment of \$500,000 to provide each of Ohio's 88 counties access to the lifesaving overdose antidote naloxone); expanded access to affordable recovery housing with \$2.5 million in new investments; invested \$1 million in suicide prevention; amplified the reach of Ohio's Start Talking! statewide drug prevention initiative; forged new partnerships to promote recovery within prison walls and upon reentry; strengthened services for youth and families at risk of crisis through the Strong Families, Safe Communities initiative; boosted enrollment in the Residential State Supplement, which provides financial assistance to people with disabilities to live in the community; made targeted investments to strengthen the interface between local jails and behavioral health providers to reduce recidivism and promote better outcomes; and celebrated the completion of major renovations at two of our state-operated regional psychiatric hospitals — Northcoast Behavioral Healthcare and Appalachian Behavioral

Healthcare. You can read more about these and many other achievements on the department's website.

As we proceed in partnership on these many fronts, we're raising awareness and reducing stigma related to mental illness and addiction — paving the way for more Ohioans to access a robust array of services they need and deserve.

In the spirit of holiday giving, I'd like to leave you all with a gift of sorts from Bobby M., a young father in recovery who

participated in the Stepping Stones Therapeutic Community (TC) recovery program in Grafton. The following is an excerpt from a letter written by Bobby:

"If it were not for TC, my life would still be a wreck. I learned so much about everything I was doing wrong, and now know how to do it right ... I am far from perfect, but so much better than I was ... TC really does work ... Today, my family is a huge part of my life ... my son tells me how proud he is of me and that he loves me so much. Today, I get compliments from staff because they see the changes I made ... I am happy to say my life is worth living, and I am so grateful to the staff members who never gave up on me even when I

gave up on myself."

Bobby's hopeful words serve as a poignant reminder of why we do what we do. It's about the people we serve. It's about helping family members, neighbors and others achieve balance and wellness in recovery. I appreciate all you do to promote prevention, treatment and recovery on behalf of Ohioans in need, and wish you a happy, healthy holiday season. I look forward to continuing our good work in the new year.



The Dec. 17 community open house to showcase \$3.6 million in renovations at Appalachian Behavioral Healthcare in Athens helped to cap off a very productive year for Ohio's publicly-funded behavioral health care system.

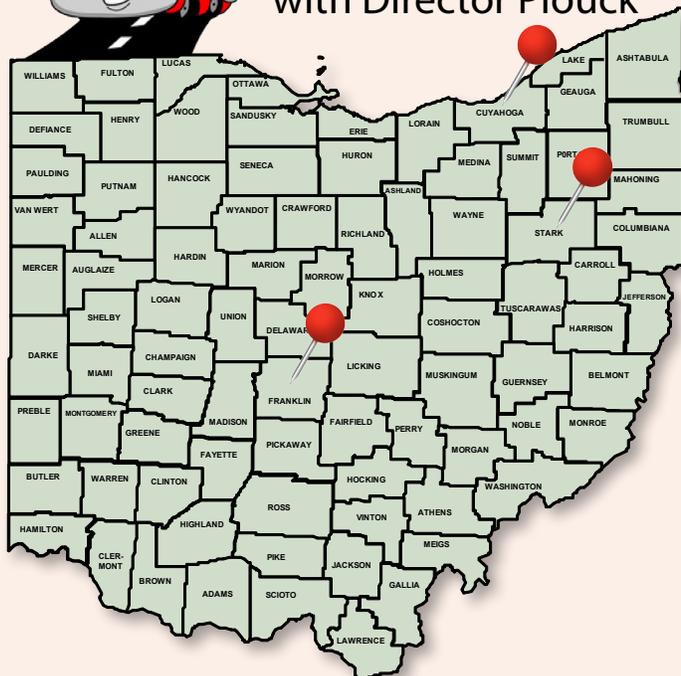


National Drug & Alcohol Facts Week — Jan. 25-31, 2016

OhioMHAS is pleased to join with a number of federal, state and local partners to observe National Drug and Alcohol Facts Week (NDAFW) Jan. 25-31, 2016. NDAFW is an annual, week-long observance that brings together teens and scientific experts to shatter persistent myths about substance use and addiction. To help you plan, the National Institute on Drug Abuse (NIDA) offers a step-by-step toolkit, which includes a list of suggested activities, a free drug facts booklet and sample messages for social media. Learn more at www.drugfactsweek.drugabuse.gov.



On the Road with Director Plouck



Here's a brief recap of Dir. Plouck's public activities the past month:

- 12.2 Traveled to Washington, D.C., to attend the Council of State Governments Justice Center meeting to discuss the national *Stepping Up* initiative.
- 12.7 Visited the Center for Health Affairs in Cleveland; served as an expert panelist for the "Silent Suffering" community forum on suicide prevention hosted by *The Columbus Dispatch* and The Ohio State University.
- 12.9 Visited Heartland Behavioral Healthcare in Stark County; provided remarks at the OSU Collegiate Recovery Community graduation dinner.
- 12.10 Along with Gov. Kasich and Attorney General Mike Dewine, participated in a Start Talking! webinar with school superintendents and principals.
- 12.11 Provided remarks at the National Alliance for the Mentally Ill (NAMI) Ohio annual board meeting.
- 12.14 Spoke at the OhioMHAS Tobacco Summit
- 12.22 Participated in Gov. Kasich's 2015 year-end press conference at the Westerville Chamber of Commerce.



Dir. Plouck chats with Office of Health Transformation (OHT) Director Greg Moody after a recent Medicaid Behavioral Health Redesign meeting. 2016 promises to be a year of action in terms of modernizing Ohio's BH benefit.



2015 Excellent Advocate George Pelletier with nominator Lisa Marks (left) and State Long-Term Care Ombudsman Beverley Laubert (right).

OhioMHAS Employee Receives 2015 Excellent Advocate Award from State LTC Ombudsman

The Office of the State Long-Term Care Ombudsman presented its 2015 Excellent Advocate Award to George Pelletier in recognition of his dedication to transitioning individuals with high-service needs from nursing homes into the community.

Pelletier, who has more than 30 years experience in the mental health field, has served as community options coordinator in the Ohio Department of Mental Health and Addiction Services Pre-Admission Screening and Resident Review ([PASRR](#)) Bureau since 2013.

"We believe that all Ohioans should have a voice in planning the care they receive and choosing where they receive it," State Long-Term Care Ombudsman Beverley Laubert said. "George Pelletier is an advocate for individuals who face complex challenges with community living. George has successfully helped more than 60 individuals move home, and is a key member of the interagency resident transition team when nursing homes and residential care facilities close. His compassion and perseverance got my attention when considering George for this award."

The [Office of the State Long-Term Care Ombudsman](#) created the Excellent Advocate Award in 2005 to recognize individuals and organizations who demonstrate advocacy, service or innovation that benefits long-term care consumers or protects residents' rights. Nominations are accepted year-round. To request a nomination form or to learn more about the ombudsman program and how you can get involved, call toll-free 1-800-282-1206.



Kurt Conkey, pharmacy director at Appalachian Behavioral Hospital in Athens, shows a tour group how the new automated drug-dispensing unit works.



ABH Occupational Therapist Cammie Soller demonstrates some of the therapeutic sensory items available in the comfort room.

Appalachian Behavioral Healthcare Showcases \$3.6M in Renovations

OhioMHAS celebrated the official re-opening of a new state-of-the-art patient unit at Appalachian Behavioral Healthcare (ABH) on Dec. 17. The eight-month, \$3.6 million project marks the first major renovation at the hospital, which opened in 1993.

Work began in April on a range of updates, including the complete overhaul of 20 private and 34 semi-private patient rooms and redesign of dining/common areas. Crews also remodeled nurses' stations and comfort rooms, expanded group/treatment team space, installed new furniture and completed various safety and security upgrades.

"We tried to make it pleasing and warm, but also safe and secure," said ABH Chief Clinical Officer Dr. Max McGee. "The emphasis is really on better sight lines so we can see what's going on and keep patients safe."

The project was completed in four phases, and required a temporary reduction in patient census. Once patients move back into the unit, the hospital will return to its full, 88-bed operational capacity. ASM Partners, LLC, served as project architect, while WAI Construction Group, LLC, was the general contractor. Former staff, persons in recovery, advocates and members of the public were invited to tour the facility, ask questions and learn about services offered.

ABH serves the clinical psychiatric needs of patients from Athens, Belmont, Coshocton, Fairfield, Gallia, Guernsey, Harrison, Hocking, Jackson, Jefferson, Meigs, Monroe, Morgan, Muskingum, Noble, Perry, Vinton and Washington counties. Beginning in January 2016, Adams, Lawrence and Scioto counties will be added to the service area.

See [more photos](#) from the open house.



ABH Chief Clinical Officer Dr. Max McGee speaks to a reporter, while Kelly Sole, chief operations officer, looks on.



Remodeled two-bed room.

Forum Encourages Suicide Discussion

Corey is haunted by traumas in his past, but feels blessed to have lived through those experiences, as well as his multiple suicide attempts. He now offers hope to others.

Jill spoke of her daughter, Amy, who sometimes felt that treatment for her bipolar disorder was demeaning. She's grieving Amy's death by suicide and is angry that privacy issues presented barriers to getting her daughter help. Missy is now able to talk publicly about her husband's suicide instead of telling people that he died of cancer to avoid stigma. She struggles emotionally and financially six years later.

On Dec. 7, Corey Dobbelaere, Jill Feather and Missy Robb sat on a large stage before a packed audience at The Ohio State University Student Union to share their stories at a "Silent Suffering" community forum about suicide. They kicked off the event, moderated by WOSU Radio's Mike Thompson, and were gradually joined by several mental-health experts and journalists from *The Columbus Dispatch*, which recently ran a *six-day series* on the subject.

"Suicide is not about selfishness. People are in a tremendous amount of pain," said OSU Wexner Medical Center Chair of Psychiatry Dr. John Campo, who implored society and government not to undervalue mental health diseases, but to "level the playing field" by treating them as seriously as any other public health issue.



Dr. Yvette Jackson (center), executive director of the Ohio Suicide Prevention Foundation, listens to the panel of participants at the Silent Suffering event.



Jill Feather shares her thoughts on the loss of her 27-year-old daughter to suicide, as one of three survivor stories presented during the Dec. 7 community forum.

Dobbelaere emphasized that it is not a choice to feel so sick that you see suicide as a solution: "I don't need someone to understand me. I need compassion."

Compassion is what is offered through the hotlines that people can call when they are in crisis, according to Rick Baumann, who coordinates Suicide Prevention Services at North Central Mental Health Services. "We are hope salesmen," he said of those who staff hotlines. "We listen. In my experience, people are relieved they can talk about it." By asking directly about suicidal thoughts, the staff open up the conversation and may be able to see how far the person's thoughts have evolved. If he/she has a plan, the task is to "separate them from their plan," he said.

That advice to listen and be open to discussions on the topic of suicide goes beyond hotline volunteers. A takeaway from the event is that we all need to pay attention to the people around us. Assistant Medical Director at Netcare Access Dr. Brian Stroh encouraged the audience to look for non-verbal signs or a constant feeling of hopelessness.

Micky M. Sharma, Psy.D., directs the Office of Student Life Counseling and Consultation Services at OSU. He said that if a person has made an attempt, the first seven days and the first 30 days are key risk points for him/her to try again. The person must be connected to aftercare and receive personal follow-up.

The *Dispatch* series was undertaken to share the facts and open discussions on what experts say is a 100 percent preventable cause of death. It kills as many people as breast cancer, claiming a life every seven hours in Ohio. Yet, it's too often cloaked in shame, anger and blame. Reporter Jill Riepenhoff said she and her colleagues were deeply impacted by the people they interviewed and the stories they shared. Questions of how to best cover the subject were prevalent in the newsroom. "We've taken this about as far as we can," she said.

Next steps are underway, according to OhioMHAS Director Tracy Plouck, and they involve workforce development, trauma-informed care, sharing of evidence-based resources, recovery resources and continued support through the General Assembly.

[View more photos](#) from the forum.

Ohio Citizen Advocates for Addiction Recovery Names New Executive Director

Sarah Thompson has been hired as the new the Executive Director for the Ohio Citizen Advocates for Addiction Recovery (OCAAR). Thompson started Nov. 30, filling a void created when long-time advocate Donna Conley announced her retirement.

Thompson began her career in the nonprofit sector in 2012 when she was an active member in the AmeriCorps, providing direct services to at-risk youth in Hawaii.

OHIO CITIZEN ADVOCATES
FOR ADDICTION RECOVERY

Following her volunteer service in Hawaii, she began her journey advocating for addiction recovery with the Ohio Physicians Health Program.

"I have worked in the advocacy field for many years and I have seen firsthand the impact it can make in the lives of individuals and their families," said Thompson.

Thompson volunteers time advocating for women's and girl's issues and helping build a stronger society through a professional women's network. In addition to her professional experience, she has her own personal experience with recovery, a strong education of the non-profit sector and robust understanding of fundraising.

"My hope for this organization is that we can continue supporting individuals in recovery or those struggling to enter into recovery, through the peer to peer support groups, while simultaneously establishing a strong network of individuals and organizations across the state of Ohio that can send a clear and resilient message," said Thompson. "My goal, as well as the goal of the OCAAR Board members, is to provide as much support and advocacy to every counselor, social worker, therapist, physician, family member or person who has been affected by this disease."

Thompson is finishing her degree at the John Glenn College of Public Affairs at The Ohio State University with a specialty in Non-Profit Management.



Sen. Burke



Rep. Johnson



Rep. Driehaus

OARP Honors Three Ohio Legislators

In November, the Ohio Alliance of Recovery Providers (OARP) honored Sen. Dave Burke (R-Marysville), Rep. Terry Johnson (R-McDermott) and Rep. Denise Driehaus (D-Cincinnati) as its 2015 Legislators of the Year for their support of Ohio's publicly-funded alcohol and other drug addiction prevention, treatment and recovery services system.



Ohio Alliance Of Recovery Providers

The Alliance is a coalition of alcohol and drug addiction treatment and prevention providers from all

regions in Ohio. OARP members share in a collective mission to increase access to treatment and develop a system in Ohio that is focused on recovery.

This year's honorees have actively supported a variety of measures in the legislature aimed at strengthening Ohio's safety net for individuals struggling with substance abuse and addiction.

"A great deal of work has been done at all levels, but, sadly, so much more remains to be done and we must continue to work together to accomplish it," Rep. Johnson told OARP members. "We cannot give up; we cannot stop. I am proud to be involved in this fight and humbly accept this recognition."



Central Ohioans Honored by Partnership for Drug-Free Kids, Major League Baseball

For the first time in its history, Partnership for Drug-Free Kids and Major League Baseball selected their National "Play Healthy" coach and athlete awardees from the same state — even the same county — and both of whom have roots in the Youth to Youth International youth-led prevention program based in Columbus.

At the Partnership's Dec. 8 Winter Gala, Melanie LeGrande, director of Community Affairs at Major League Baseball (pictured at left) presented Hilliard Davidson High School Girl's Lacrosse Coach Chad Smock (center) and Dublin Coffman High School baseball player Cameron Justice (right) with "Play Healthy" awards for a Youth Coach and a Youth Athlete, respectively. The pair was selected from more than 300 nominations for their commitment to fair, drug-free play, healthy lifestyles, positive attitudes on and off the field, and demonstration of excellent leadership by empowering, encouraging and helping others. [Read more.](#)

Patients Help to Brighten Holidays Through Community Service

'Tis the season to be jolly and spread holiday joy. Patients involved with the Summit Behavioral Healthcare (SBH) Volunteer Group have embodied the giving spirit this holiday season, organizing both a food drive to benefit needy families in the Greater Cincinnati area, as well as making wreaths for hospice patients.



Since its formation in 2014, SBH patient volunteers have provided more than 400 hours of community service to benefit a variety of community organizations, including those focused on education, health and human services and international affairs.

In October, patients worked with staff to help organize a food drive to benefit the Freestore Foodbank in advance of the Thanksgiving holiday. The food bank is Cincinnati's largest emergency food and services provider in the tri-state region, providing more than 20 million meals annually and distributing food through approximately 250 community partner organizations.

Patients chose the foodbank since many in the group had benefited from their services within the community. Patients helped create signs that were posted throughout the hospital and distributed via email to hospital employees. Patients also decorated food collection bins.

Though the patients themselves were unable to donate items, they encouraged staff to participate, and asked visitors to support the cause. Volunteers helped count and track donations. Volunteers surpassed their goal of collecting 500 items.

This month, members of the volunteer group have coordinated with Grace Hospice, an in-home hospice agency serving the greater Cincinnati area, to provide holiday wreaths for hospice patients. The volunteer coordinator from Grace Hospice visited the SBH group to personally thank them for their support, and in doing so, joined in the wreath-making fun. "The patients were actively engaged and asked her thoughtful questions, allowing conversations related to the significance of forgiveness and reconciling troubled relationships," said SBH Occupational Therapist Laura Menze.



Northwest Ohio Psychiatric Hospital Supports Toys for Tots Program to Benefit Needy Children in Toledo

Northwest Ohio Psychiatric Hospital (NOPH) brought Christmas cheer to needy children in northwest Ohio this year. NOPH, in collaboration with the local Morrison vendor, collected more than 300 toys for the Toys for Tots program through the generosity of the staff.

"Toys for Tots is a generous and respected charitable campaign and we are proud to be able to participate," said Tamara Junge, NOPH Chief Executive Officer. "NOPH is an active participant in the communities we serve. This is one small way we can help to make a difference."

The [Marine Toys for Tots Foundation](#) is a not-for-profit organization authorized by the U.S. Marine Corps and the Department of Defense to provide fundraising and other necessary support for the annual U.S. Marine Corps Reserve Toys for Tots Program. Created in 1947, Toys for Tots provides joy and a message of hope to less fortunate children through the gift of a new toy or book during the Christmas holiday season.

Pictured (l-r): Gilbert Evans of Morrison and NOPH CEO Tamara Junge show off some of the donated toys.

Nineteen Ohio Coalitions Complete CADCA's National Coalition Academy

OhioMHAS is pleased to join with Drug-Free Action Alliance (DFAA) in congratulating the 19 Ohio community coalitions that completed the Community Anti-Drug Coalitions of America (CADCA) National Academy. DFAA coordinated the Academy, which was funded by a grant from the Department. Graduates will be honored in February at CADCA's National Forum in Washington D.C.

Ohio graduates include:

- Adapt Coalition of Columbiana County
- Ashtabula County Prevention Coalition
- Coalition for a Drug-Free Carroll County
- Coalition for a Healthy Drug-Free Muskingum
- Coalition for a Safe and Drug-Free Fairfield
- Engaging Communities Coalition
- Franklin County Urban Coalition
- Summit County Community Partnership
- Marion County TI
- Montgomery County Opiates Coalition
- Partners for a Prevention Erie County
- Portage Substance Abuse Prevention Coalition
- PreventionFirst
- Sandy Valley Drug Awareness Initiative
- Southside Community Collaborative
- Substance Abuse Prevention Coalition of Warren County
- The Turning Point Coalition
- Tuscarawas County Anti-Drug Coalition
- Wood County Prevention Coalition

In Brief...

RSS Rate Change Effective Jan. 1, 2016

Effective Jan. 1, 2016, the allowable fee operators may charge will increase to \$1,100 per month and the personal needs allowance for individuals will change to \$200 per month. Please share the [announcement](#) with local provider agencies and others who may be interested in the changes. Learn more about Ohio's Residential State Supplement program [HERE](#).

2015 Consumer Survey Results Available

The annual [Adult Consumer Survey](#) and [Youth Services Survey for Family](#) results are now available on the OhioMHAS website. The surveys are administered by the OhioMHAS Office of Quality, Planning and Research. Survey results are used for Mental Health Block Grant reporting requirements, to inform quality improvement initiatives, and to give stakeholders a direct indication of how consumers of mental health services in Ohio perceive their treatment and experience in the public mental health system. Additional results can be found [HERE](#).



Ohio Youth-Led Prevention Council Members Earn CADCA Scholarships

Ohio Youth-Led Prevention Network (OYLPN) Youth Council Members, Sierra Mason and Max Doll (pictured above) have been awarded youth scholarships to attend the Community Anti-Drug Coalition of America's (CADCA) 2016 National Leadership Forum taking place Feb. 1-4, 2016, at the Gaylord National Resort and Convention Center near Washington, D.C. Both students are returning Youth Council members and are very active within their communities raising mental health awareness and working towards the prevention of substance abuse. Sierra and Max will attend the conference and participate in the National Leadership Forum. They will have an opportunity to enhance their advocacy skills as they head to the Capitol to speak to legislators about their prevention efforts and the importance of youth-led prevention programs. Sierra and Max will then be able to bring back what they learned and be of significance to our council when it comes to OYLPN's Legislative Day, which includes visiting the Ohio Statehouse to speak to legislators about prevention.

Ohio's Problem Gambling Helpline Seeking Professional Support

Are you a psychiatrist, psychologist, social worker or professional clinical counselor with at least 30 hours of problem-gambling specific training? Or are you a chemical dependency counselor who has participated in a minimum of 30 hours of problem gambling training and earned the gambling endorsement? Take a few minutes to make sure your organization is listed on the [Ohio Problem Gambling Helpline page](#). If you or your agency is not listed, send your contact information to Scott Anderson at scott.anderson@mha.ohio.gov.

News & Research Roundup

New Behavioral Health Publications from SAMHSA

The Substance Abuse and Mental Health Services Administration released several new behavioral health resources this month. [*TAP 21: Addiction Counseling Competencies*](#) provides guidelines to enhance the competencies of substance abuse treatment counselors. The publication addresses patient assessment and screening, treatment planning, referral service coordination, counseling, family/community education and cultural competency.

[*TIP 51: Substance Abuse Treatment: Addressing the Specific Needs of Women*](#) assists treatment providers in offering treatment to adult women with substance use disorders. This publication reviews gender-specific research and best practices, such as common patterns of initiation of substance use among women and specific treatment issues and strategies.

[*TIP 55: Behavioral Health Services for People Who are Homeless*](#) equips those who provide services to people who are homeless (or at risk of homelessness) and who need (or are in) substance abuse or mental illness treatment, with guidelines to support their care. This publication discusses prevention and treatment as part of integrated care.

[*TIP 59: Improving Cultural Competence*](#) assists professional care providers and administrators in understanding the role of culture in the delivery of substance abuse and mental health services. This publication analyzes racial, ethnic and cultural considerations and the core elements of cultural competence.

ADHD Diagnoses Increase, with Largest Leap in Girls and Hispanic Children

The number of U.S. children diagnosed with attention-deficit hyperactivity disorder (ADHD) is on the rise, with the largest increase seen in girls and Hispanic children, according to a [*new study*](#) from George Washington University. The rate of ADHD among children ages 5 to 17 increased 43 percent from 2003 to 2011, according to a [*HealthDay news report*](#). In 2011, an estimated 12 percent of American children had, at some point, been diagnosed with ADHD, researchers found. The study also concluded that ADHD is still nearly twice as common among white children compared with Hispanic children (14 percent versus less than 8 percent). Between 2003 and 2011, ADHD diagnoses increased 83 percent among Hispanic children, compared with 46 percent among white children. While twice as many boys were diagnosed with ADHD compared with girls, the prevalence among girls rose 55 percent during the study period, from 4.3 percent in 2003 to 7.5 percent in 2011. The findings appear in [*The Journal of Clinical Psychiatry*](#).



Study Links Taking ADHD Medication with Being Bullied at School

A [*new study from University of Michigan researchers*](#) found that children who take stimulants to treat attention-deficit hyperactivity disorder (ADHD) are more likely to be bullied at school than their peers who do not have attention disorders. Those who had ever shared their prescriptions are at highest risk of bullying, [*Time reported*](#). Children who had shared their medication or had it taken from them in the previous year were four-and-a-half times more likely to be frequently bullied. The findings come from a survey of almost 5,000 children in five public schools. The prevalence of children ages 4 to 17 who take ADHD medication increased from 4.8 percent in 2007 to 6.1 percent in 2011, [*according to the Centers for Disease Control and Prevention*](#). Approximately 11 percent of children in this age group (6.4 million) were diagnosed with ADHD as of 2011. Previous research suggests children with ADHD often have a more difficult time making friends, and are more likely to have anxiety and substance use disorders. These conditions may increase the risk of bullying researchers noted in the [*Journal of Pediatric Psychiatry*](#).



NIMH: Biomarkers Outperform Symptoms in Parsing Psychosis Subgroups

A new National Institute of Mental Health-funded study shows that biological factors better classify psychosis than observable symptoms. This supports NIMH's Research Diagnostic Criteria (RDoC) initiative, which frees scientists from designing research based on traditional diagnostic categories, encouraging them to explore groupings based on genomics, behavioral dimensions, physiological traits or brain-imaging findings. More precise diagnosis is expected to lead to improved treatments. [*View the complete report*](#).

More Infants Prescribed Psychiatric Drugs to Address Behavior

An increasing number of children age 2 or younger are being prescribed psychiatric drugs to address their violent or withdrawn behavior, [*The New York Times reported*](#) this month. Among the antipsychotic drugs being prescribed for infants are risperidone (Risperdal) and quetiapine (Seroquel). These drugs are typically used to treat schizophrenia and bipolar disorder in adults.

News & Research Roundup cont.

Almost 20,000 prescriptions for antipsychotic medications were written last year for children 2 and younger, the article notes. This represents a 50 percent increase from the previous year, according to the prescription data company IMS Health. Most antipsychotics are indicated only for children 10 and older. Risperdal is approved for children as young as 5, but only for irritability associated with autism. Prescriptions for the antidepressant fluoxetine (Prozac) increased 23 percent in one year in children 2 and younger, to about 83,000. *The Times* noted IMS Health only tracks how many prescriptions were written, not how many children received them. Many children receive more than one prescription a year. Previous research suggests at least 10,000 children 2 and younger received antipsychotic prescriptions.

More Americans Seeking Treatment for Heroin, Painkiller Abuse

A growing number of Americans are seeking treatment for addiction to heroin and prescription painkillers, while alcohol-related treatment admissions are declining, according to a [new report](#) from the Substance Abuse and Mental Health Services Administration (SAMHSA). Researchers found 19 percent of admissions to publicly funded substance-use treatment programs were related to heroin in 2013, up from 15 percent in 2003. Admissions for opioid painkillers such as OxyContin and Vicodin increased from 3 percent to 9 percent during that period, [HealthDay news reported](#). Alcohol-related admissions declined from 42 percent to 38 percent during that period. Overall admissions decreased from almost 1.9 million to just under 1.7 million. Admissions for marijuana rose from 16 percent to 17 percent, while those for methamphetamine/amphetamines increased from 6 percent to 9 percent. Cocaine-related admissions (including crack) decreased from 14 percent to 6 percent. In 2013, 55 percent of patients admitted for treatment said they used more than one substance.



CDC: More than 47,000 Americans Died from Drug Overdoses in 2014

More than 47,000 Americans died of a drug overdose in 2014, an increase of 7 percent from the previous year, according to [new data](#) from the Centers for Disease Control and Prevention. The increase was driven largely by deaths from heroin and prescription opioids. Almost 19,000 deaths were due to opioid painkillers, an increase of 16 percent from 2013. Deaths from heroin overdoses increased 28 percent, to about 10,500. The rise in opioid-related deaths is due partly to synthetic opioids such as fentanyl and tramadol, according to a [U.S. Department of Health and Human Services news release](#). Heroin is often cut with fentanyl to increase its effect.

Jails, Prisons Provide Vivitrol for Departing Inmates to Reduce Opioid Use

The Boston Globe [recently reported](#) that about 100 jails and prisons nationwide are providing departing inmates with Vivitrol, a drug that treats opioid addiction, to reduce rates of addiction and reincarceration. Vivitrol blocks receptors in the brain where opioids and alcohol attach, preventing the feelings of pleasure that these substances produce. It is long-acting, which helps newly released inmates avoid going right back to opioid use during their first days of freedom. Vivitrol, unlike methadone and buprenorphine, does not produce a high, and cannot be diverted to street use, the article noted. A person must abstain from opioid use for seven to 10 days before starting Vivitrol, which is not a problem for prisoners who had to detox behind bars. Alkermes, the company that manufactures Vivitrol, also is urging prisons to connect departing inmates with counseling and other behavioral interventions outside of the prison. Vivitrol was first approved to treat alcoholism in 2006. It won approval from the Food and Drug Administration for opioid addiction in 2010. An estimated 15,000 offenders take Vivitrol nationwide, according to *The Globe*.

Survey: Teen Use of Prescription Painkillers, Cigarettes, Alcohol Declines

The National Institute on Drug Abuse's [2015 Monitoring the Future survey](#) finds the rate of teen use of prescription painkillers, cigarettes, alcohol and synthetic marijuana are declining. The percentage of high school seniors who said they had used prescription opioids such as OxyContin or Vicodin dropped from 9.5 percent in 2004 to 5.4 percent this year, according to the [media release](#). The percentage of students who said the pills were easy to obtain decreased. The percentage of high school seniors who said they smoked marijuana every day (6 percent) was higher than those who smoked cigarettes daily (5.5 percent, down from 6.7 percent last year). This is the first time in the survey's 41-year history that more seniors said they smoked marijuana than cigarettes. The survey found 24 percent of all students said they smoked marijuana in the past year, about the same rate as a decade ago. However the rate of students who view daily marijuana use as harmful dropped from 58 percent in 2005 to 32 percent this year.



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:

Jan. 27 — [Changing the Conversation to Support Housing Stability \(Cleveland\)](#)

Jan. 27 — [Changing the Conversation to Support Housing Stability \(Columbus\)](#)

Feb. 3 — [Evidence-Based Practices: Getting Started and Staying Current \(Cleveland\)](#)

Problem Gambling Trainings

Click the links below for details on these upcoming problem gambling trainings:

Feb. 18-19, 2016 — [Stage 2: Treating the Disorganized Gambler \(Zanesville\)](#)

Save the Date! March 3-4, 2016 — Ohio Problem Gambling Conference

SAMHSA 2016 Leadership Development Program

Do you aspire to become a leader in substance use prevention, mental health promotion, mental illness or addictions treatment or recovery support services? Are you new to management in the behavioral health field? If so, SAMHSA is recruiting professionals in both the public and private sectors for the [2016 Behavioral Health Leadership Development Program](#), a part of Project LIFT (Leadership Initiatives for Tomorrow). There is no cost other than a commitment of time and interest. Click the link to download an application. Completed applications are due **Jan. 27, 2016**.

Resilience in Infants and Toddlers (DECA) Training — Jan. 11-12

On Jan. 11-12, the OhioMHAS Bureau of Children and Families is sponsoring a free two-day [Devereux Early Childhood Assessment \(DECA\) Program](#) on promoting resilience in infants and toddlers. Early childhood professionals and families will learn specific strategies to foster young children's social and emotional health and to enhance the overall quality of early childhood programs. The training prepares participants to implement both the DECA Program for Infants and Toddlers and the DECA Preschool Program Second Edition. It will be held at the Ohio Bureau of Workers' Compensation Division of Safety and Hygiene Training Center in Columbus. Registration is required by Jan. 6 by emailing ECMHTraining@mha.ohio.gov.

Franklin County Access to Recovery (ATR) Interested Parties Meeting — Jan. 13

The Alcohol, Drug and Mental Health Board of Franklin County and OhioMHAS will host an interested parties meeting at 1 p.m. on Jan. 13 for organizations interested in becoming a provider for the Franklin County Access to Recovery (ATR) project. Qualified applicants can not currently receive funding from the ADAMH Board and are not certified by OhioMHAS. The goal of ATR is to provide increased recovery support services to individuals involved with the criminal justice system diagnosed with a substance use disorder who are in need of one or more of the following recovery support services: employment services/job training, life skills, spiritual and faith-based support, peer recovery coaching and recovery housing, among others. For more information, contact ATR@adamhfranklin.org.

Parent's Night: Mental Health from the Teen Perspective — Jan. 19

The Ohio Youth-Led Prevention Network, with support from OhioMHAS and Drug-Free Action Alliance, will host "Parent's Night: Mental Health from the Teen Perspective" on Jan. 19 from 6-7:30 p.m. at the Delaware County Library, 7171 Gooding Blvd., Delaware, OH 43015. Parents, educators and teachers looking to gain awareness about mental health in teens from the perspective of teens are encouraged to attend.

Whole Health Action Management (WHAM) Training — Jan. 28-29

The OhioMHAS Bureau of Recovery Supports is seeking 15 individuals with lived experience who work for or volunteer for Consumer Operated Services to be trained as Whole Health Action Management (WHAM) facilitators. The free training will take place Jan. 28-29, in Columbus. WHAM is a peer-led intervention for people with chronic health and behavioral health conditions, that activates self-management to create and sustain positive health behaviors. Interested individuals should email Sharon.Fitzpatrick@mha.ohio.gov.

Training Opportunities, cont.

Youth PSA Contest underway for Building Awareness of Problem Gambling

Drug-Free Action Alliance, Ohio for Responsible Gambling, the Problem Gambling Resource Center and the Ohio Youth-Led Prevention Network are excited to announce the gambling awareness Public Service Announcement (PSA) contest. We are looking for the best PSA created by the youth of Ohio to educate, motivate and call young people to action. There will be one first-place winner and runner-up for the categories of "most creative" and "best message." The winning youth-led groups and their PSAs will be recognized on day two (March 4th) of the 2016 Ohio Problem Gambling Conference and at the 2016 "We Are the Majority" march and rally on April 28. For each category, first-place groups will receive \$250 gift cards and first runner-up groups will receive \$100 gift cards. Click [HERE](#) to apply.

Mark Your Calendar: 2016 Ohio Promoting Wellness & Recovery Conference (OPEC) — June 27-29

Save the date! The 2016 Ohio Promoting Wellness & Recovery Conference (OPEC) will take place June 27-29 at Ohio University in Athens. OPEC focuses on creating access, improving quality and making connections with Ohio's prevention, early intervention and treatment workforce for children, families and communities. OPEC will offer six subject matter tracks, including: early childhood mental health, adolescent treatment and recovery/peer support, prevention, collective impact, youth development and cultural competency. Cost is \$100. Watch for updates via Twitter (@OPECconference) and at www.OPECconference.com.

2016 Drug-Free Communities (DFC) Support Program Grants

SAMHSA is currently accepting applications for awards up to \$125,000 through the [2016 Drug-Free Communities \(DFC\) Support Program](#) (SP-16-001). The DFC Support Program has two goals: establish and strengthen collaboration among communities, public and private non-profit agencies, as well as federal, state, local and tribal governments to support the efforts of community coalitions working to prevent and reduce substance use among youth. **Applications are due March 18, 2016.**

Be the 95% Campaign Available for Community Outreach

Looking for a public health marketing approach to prevention of problem gambling in your community? Check out the Be the 95% campaign at www.the95percent.org or on [Facebook](#) or [Twitter](#). Ohio's Gambling Survey showed that 95 percent of adults who gamble, gamble responsibly. This campaign asks Ohioans to be a part of the 95 percent, with a short quiz, tips and tools to help people who gamble experience it as a social and responsible activity. The website contains a Community Toolkit with posters, print ads, radio spots, television/theater ads, billboards, web banners, digital ads and social media posts that can be localized for a community board or service agency. The toolkit password is "95percent." If you have questions or would like a presentation on the campaign, contact OhioMHAS Problem Gambling Bureau Chief Stacey Frohnapfel-Hasson at Stacey.frohnapfel@mha.ohio.gov or 614.644.8456.

Butler County Launches Pilot Treatment Program for Pregnant Women

Butler County Commissioners along with Sojourner Recovery Services recently announced the launch of the Butler County Motherhood and Maternity Addiction Services Program (MAMAS Program) — a holistic program providing complete wrap-around services that stabilize and strengthen the lives of pregnant women who have an addiction. In addition to mental health and addiction treatment, the program fills traditional gaps in services for education, employment, housing and child-care. MAMAS will bring together public and private entities to focus on prevention services, addiction treatment, recovery housing and employment. Sojourner will provide prevention and treatment services. Supports to Encourage Low-Income Families (SELF) will provide their Getting Ahead Program tailored specifically for the residents. In addition, Ohio Means Jobs Butler County will dedicate a case manager to assist these women in entering the workforce upon completion of their in-patient treatment. Based on eligibility, child care assistance will be available to these mothers through the Butler County Department of Job and Family Services. Recovery Housing will be provided through a partnership between Sojourner and Butler County providing stable, transitional housing for the mothers and their children.



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.