



PICTURED: At left, Nathan G., an Ohioan in long-term recovery, says drug court “saved his life.” At right (clockwise): State Rep. Robert Sprague (R-Findlay), Mental Health and Recovery Services Board of Allen, Auglaize and Hardin Counties Executive Director Mike Schoenhofer, The Hon. Scott Barrett and OhioMHAS Director Tracy Plouck participate in a Feb. 8 media event to highlight Ohio’s Addiction Treatment Program, which unites community-based treatment providers with specialty docket court programs.

## Addiction Treatment Providers, Drug Courts Partner to Battle Opioid Addiction Ohio’s “Addiction Treatment Program” Getting Results, Expanding in FY 2016

State and local officials gathered at the Hardin County Courthouse in Kenton on Feb. 8 to highlight how community-based addiction treatment providers and specialty docket court programs are partnering to reduce substance abuse and recidivism. Launched in 2014 as part of Ohio’s multi-pronged strategy to fight prescription painkiller and heroin abuse, the [Addiction Treatment Program](#) has contributed to a decrease in drug use and criminal activity, and an increase in stable housing and employment among program participants.

Seeking solutions to the burgeoning epidemic, members of the Ohio General Assembly provided \$5 million in funding as part of the SFY 2014-15 biennial budget to establish pilot programs in Allen, Crawford, Franklin, Hardin, Hocking, Mercer and Morrow counties. Legislators charged OhioMHAS to work with the Supreme Court of Ohio, other state agencies and certified drug courts in each county to develop a program to provide addiction treatment, including medication-assisted treatment (MAT),

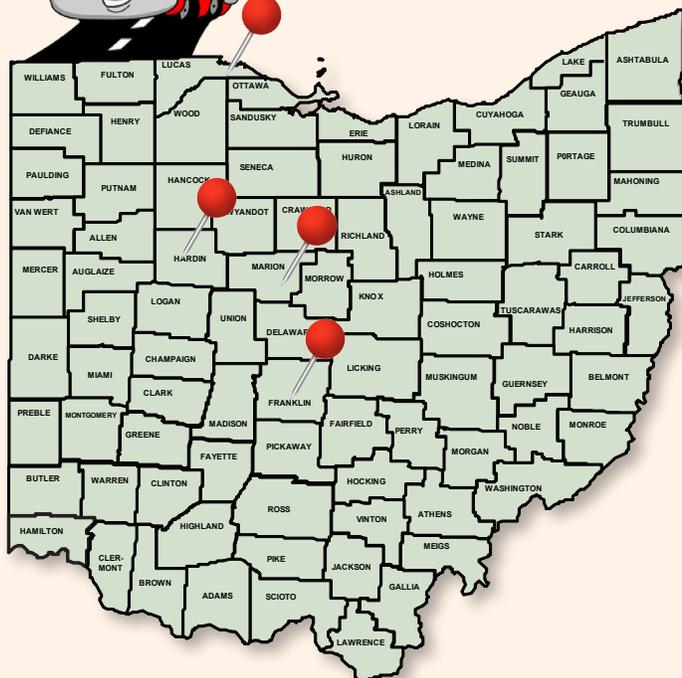
to non-violent adult offenders with a dependence on opioids, alcohol or both.

To date, the program has reached 410 men and women, two-thirds of whom also had a co-occurring mental health disorder. According to a Case Western Reserve University evaluation of the program, past-month drug use among program participants decreased 69.4 percent, while crimes committed dipped 86 percent to 3.7 percent. At the same time, employment increased 114 percent, while stable housing increased by nearly 29 percent. Among participants, 60 percent had a job and 91 percent had stable housing upon completion of the program, compared to 27 percent and 70 percent, respectively, before enrolling in the program.

The Legislature invested an additional \$11 million to sustain and expand the programming in the latest biennial budget to additional counties. Read the [media release](#) from the Feb. 8 event. [View](#) more photos.



## On the Road with Director Plouck



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

- 2.1 Provided remarks at the Office of National Drug Control Policy town hall on opioid addiction held on the University of Toledo campus.
- 2.2 Spoke at the Marion County Rotary Club and toured housing projects overseen by the Marion Area Counseling Center and Crawford-Marion ADAMH Board.
- 2.8 Joined with State Rep. Robert Sprague, Hardin County Common Pleas Judge Scott Barrett and Mental Health and Recovery Services Board of Allen, Auglaize and Hardin Counties Executive Director Mike Schoenhofer to provide an update on Ohio's Addiction Treatment Program.
- 2.11 Presided over the Ohio Family and Children First Cabinet Council meeting.
- 2.18 Attended a briefing at the Supreme Court of Ohio on the Statewide System Reform Project, which has been established with federal funding to identify solutions for addiction-related challenges in the child welfare system.
- 2.19 Met with new county board executive directors at the Ohio Association of County Behavioral Health Authorities.
- 2.22 Chaired a meeting of the Ohio Housing and Homelessness Collaborative.
- 2.23 Attended the Capital University Presidents' Luncheon for the Ohio College Initiative to Enhance Student Wellness.

## Gov. Kasich's 2016 State of the State Address Slated for April 6 in Marietta

In preparation for his annual State of the State address, Gov. John R. Kasich sent a *letter* to the General Assembly requesting a joint session in Marietta at 7 p.m. on April 6 at the Peoples Bank Theatre.

"It is only fitting that Ohio's first city — and the front door to our nation's new frontier

— host a legislative session as part of our annual State of the State address," said Joe Andrews, the governor's press secretary.

"The governor and our cabinet agency directors look forward to visiting the Marietta region to meet with their community partners and celebrate the success we've made together to improve our state."

This proposal to convene the General Assembly in Marietta marks the fifth year in a row that Kasich has asked to hold State of the State outside of the Ohio Statehouse. In previous years the governor has delivered his address in Steubenville, Lima, Medina and Wilmington.

Be sure to watch OhioMHAS e-Update and NewsNow for more information on Director Plouck's planned activities and ticket information.



## Notice of Anticipated Regional Trainings to Reduce Suicide to Zero

The Ohio Department of Mental Health and Addiction Services (OhioMHAS) plans to host six regional trainings targeted to both behavioral health and health care organizations to assist in reducing the risk of suicide among clients in their care as part of a statewide initiative to reduce the rate of suicide deaths in Ohio.

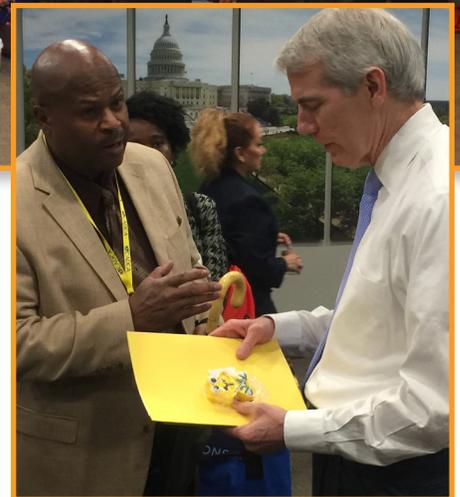
Clinical care providers in behavioral health and primary care settings, including federally qualified health centers, will be invited to apply for participation in the trainings. The first two-day Ohio Training to Reduce Suicide is tentatively scheduled April 12-13 at Heartland Behavioral Healthcare in Massillon. The second two-day training is scheduled for May 10-11 at Summit Behavioral Healthcare in Cincinnati.

At this time, final arrangements for the trainings and the formal application for participation in the trainings are not complete. The formal application is expected to be available in mid-March. Due to the limited time to complete an application, organizations interested in participating in these tentatively scheduled trainings are encouraged to read this *flier* for more details.



## 26th Annual CADCA National Leadership Forum

More than 2,700 substance abuse prevention specialists from throughout the nation made a “Monumental Impact” at the Community Anti-Drug Coalition of America’s (CADCA) 26th Annual National Leadership Forum held Feb. 1-4 in National Harbor, Md. **PICTURED:** (Above) A large delegation of Ohio substance abuse prevention specialists and coalition experts pose with Sen. Rob Portman (R-OH) during Capitol Hill Day on Feb. 3. (Inset) Reggie Robinson, a program manager with Health Recovery Services in Athens, discusses the importance of substance abuse prevention with Sen. Portman.



## Office of National Drug Control Policy Director Visits Toledo

White House Office of National Drug Control Policy (**ONDCP**) Director Michael Botticelli (pictured, speaking) visited Toledo on Feb. 1 as part of a nationwide tour to learn what states are doing to address prescription drug abuse and heroin addiction. Botticelli joined with Ohio Attorney General Mike DeWine, Lucas County Sheriff John Tharp, OhioMHAS Director Tracy Plouck and others to host a **town hall** on opioid addiction on the University of Toledo campus. Prior to the town hall, Botticelli met with a group of Ohio physicians and joined officials from CVS in **announcing** that the pharmacy chain would make naloxone available without a prescription. Before departing, Botticelli toured the **Zepf Center** and participated in a roundtable discussion.

## March is Problem Gambling Awareness Month – Have the Conversation!

To many Ohioans, March means basketball playoffs, hockey playoffs and the start of warm-weather sports like golf, tennis and baseball — and gambling. No sooner is football over



PROBLEM  
GAMBLING  
AWARENESS  
MONTH

and other sports begin, and with many opportunities to gamble, nearly three-fourths of adults wager money.

Gov. John R. Kasich has declared March 2016 as

*Ohio Problem Gambling Awareness Month* to coincide with the ***national observance***.

Whether people gamble online, in casinos, on the lottery, or in the church hall, it helps to keep gambling in perspective.

In Ohio, 95 percent of adults who gamble do it responsibly. This means that they:

- Set a limit on how much money and time will be spent gambling.
- Spend only what they can afford to lose.
- Know that gambling will not solve money concerns.
- Gamble for fun, not to avoid being depressed or upset.

Have the conversation about responsible gambling. To learn more or get help for yourself or a loved one, visit [www.the-95percent.org](http://www.the-95percent.org) or call 1-800-589-9966, the statewide Problem Gambling Helpline. Ohio's behavioral health providers can click [HERE](#) for a localizable press release/editorial for use with community media.

## The Art of Faith: Spirituality and Creative Self-Expression

By: Jack Schwarz, Chaplain  
*Twin Valley Behavioral Healthcare*

**A**s the head of the Twin Valley Behavioral Healthcare (TVBH) Department of Spiritual Life Services, I'm pleased to have initiated a new performance series — *The Art of Faith: Spirituality and Creative Self-Expression*.

For centuries, cultural luminaries have identified spirituality as a major source of artistic excellence. It is not uncommon for a civilization's best and brightest people to marvel at the miraculous way in which the most outstanding art is able to transport us beyond the limits of the material world, while at the same time, help to keep us grounded in it. When it is successful, art gives us the roots, wings, mirrors and windows that we need to enrich our existence. Art helps us explore not only transcendent realms, but also the earth right under our noses.

Examples abound of cultural powerhouses who have discovered the connection between art and faith and who have eloquently address the phenomenon. German poet Goethe observed, "There is no better deliverance from the world than through art; and a man can form no surer bond with it than through art." Celebrated American novelist Theodore Dreiser wrote, "Art is the stored honey of

the human soul." And, Kurt Vonnegut stated that, "To practice art ... is a way to make your soul grow."

I have planned five separate programs that are designed to reflect both the faith and creativity of distinctive people, from different backgrounds, who fervently embrace spiritual views and beliefs. This year, patients will be visited by a Jewish painter, a Native American instrumentalist, a Gospel singer who will perform Christian hymns and jazz standards, a Buddhist delegation that will demonstrate how meditation is enhanced by chanting, and by the accompaniment of Tibetan musical instruments.

This past fall, Tamika Rae Johnson, a liturgical praise dancer and founder of the Fragrance of Christ Dance Ministry, introduced the series. Her choreography is inspired by contemporary Christian music. Johnson discussed her personal road to recovery from addiction and reflected on her advocacy work through the Alcohol, Drug Addiction and Mental Health Services Board of Franklin County.

The event was well-received by patients, many of whom offered positive feedback, not only about the artistic performance, but about the spoken content, as well.

I trust that each presentation will motivate audience members to explore the notions of peace, purpose, meaning and connection that uplift us and ennoble our lives.



**PICTURED (l-r):** Chaplain Jack Schwarz, Tamika Rae Johnson and Phil Hedden, ADAMH Board of Franklin County Consumer/Family Advocate

## Nearly 200 State Employees Learn About Importance of Trauma-Informed Care

Karen E., an Ohioan with lived experience, shared her personal story of how traumatic experiences have impacted her life, and how she learned to move toward healing and resiliency as part of three trauma-informed care trainings that were held for state employees on Feb. 4 and 5 at the Vern Riffe Center for Government and the Arts and the James A. Rhodes State Office Tower. Also presenting was Raul Almazar, a senior consultant with the National Center for Trauma-Informed Care and Alternatives to Seclusion and Restraint.

Nearly 200 individuals attended the training sessions, which were sponsored by the Ohio Department of Mental Health and Addiction Services, Ohio Department of Developmental Disabilities and the Ohio Attorney General's Office. In addition to staff from the sponsoring agencies, attendees also included staff from the Ohio departments of Education, Health, Job and Family Services, and Medicaid.

To learn how Ohio is promoting trauma-informed practices, visit [mha.ohio.gov/traumacare](http://mha.ohio.gov/traumacare). Stay tuned for more



*Karen E. shares her personal story of how traumatic experiences have impacted her life.*

information about **Ohio's Third Annual Trauma-Informed Care Summit and Institute** scheduled for June 22-23 in Columbus. Registration will open May 1.



*CSN staff during a recent open house reception. Seated, left to right: Joy McFadden, RN; Gina Price, RN, nursing supervisor; Ed Desmond, CSN executive director; Renata Sweigard, RN. Standing, left to right: Adam Negley, director of patient services; Justin Stevens, community adjustment trainer; Zachary Frost, business administrator; Veronica Lofton, TVBH CEO; Mary Beth Sparks, forensic program director; James Wasserman, M.D., psychiatrist; Abdi Warsame, ACT peer supporter; Patricia Boyd, administrative professional; and Scott Brown, therapeutic program worker.*

## Community Support Network Settles Into New Home

After 13 years at the corner of Sullivant and Wilson roads on the west side of Columbus, Twin Valley Behavioral Healthcare's (TVBH) Community Support Network (CSN) has relocated to a new home closer to the hospital, sharing renovated office space with the Ohio Department of Developmental Disabilities at 1810 Sullivant Ave.

As the outpatient department for TVBH, CSN provides a variety of behavioral health services including counseling, group therapy, pharmacological management, case management, diagnostic assessment, assertive community treatment and home-based recovery. CSN staff, comprised of 32 professionals from 10 different disciplines, provides more than 36,000 billable services per year.

## 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. ***Behavioral Health Barometer, 2015*** presents data about key aspects of substance use and mental health care issues, including rates of serious mental illness, suicidal thoughts, substance use, underage drinking and the percentages of those who seek treatment for these disorders.

***Parity of Mental Health and Substance Use Benefits with Other Benefits*** examines what the Mental Health Parity and Addiction Equity Act means for people with employer-sponsored health plans who need treatment for substance abuse or mental illness. The publication also discusses key elements of health care legislation, particularly as it relates to filing a claim.

## News & Research Roundup, cont.

### Study: Rate of Mental Disorders Among Smokers is Rising

Researchers at Columbia University Medical Center and New York State Psychiatric Institute have found that while cigarette smoking rates have declined among younger people in the United States, those who do smoke are more likely to have a psychiatric or substance use disorder compared with those who began smoking in earlier decades. Smokers who were nicotine-dependent and began smoking in the 1980s were more likely than older smokers to have disorders such as bipolar disorder, antisocial personality disorder or attention-deficit hyperactivity disorders. The [findings](#) appear in the journal *Molecular Psychiatry*.



### Genome-Wide Study Yields Markers of Lithium Response

An international consortium of scientists, led by scientists from the National Institute of Mental Health, has identified a stretch of chromosome that is associated with responsiveness to the mood-stabilizing medication lithium among patients with bipolar disorder. While the finding won't have an immediate clinical application, it is a groundbreaking demonstration of the potential for identifying genetic information that can be used to inform personalized treatment decisions, even in genetically complex disorders. The genes identified are also an avenue for understanding the biology of the lithium response. Click [HERE](#) for more on this study.

### Marijuana Use Linked to Greater Risk for Developing Addiction to Other Drugs

A [new study](#) published in *JAMA Psychiatry* suggests marijuana smokers may be significantly more likely to develop an addiction to other drugs and alcohol than people who don't use marijuana. The study included nearly 35,000 adults who were interviewed three years apart. At the time of the first interview, almost 1,300 used marijuana. After three years, two-thirds of people who used marijuana had some form of substance use disorder, compared with less than 20 percent of people who did not use marijuana in the previous year. People who used marijuana once or more a month had higher rates of substance use disorders. Authors said the study does not prove that marijuana caused other addictions, but noted the possibility should be considered.

### Kimberly Johnson, Ph.D. Appointed Director of SAMHSA Center for Substance Abuse Treatment

The Substance Abuse and Mental Health Services Administration (SAMHSA) has announced the appointment of Kimberly A. Johnson, Ph.D., as director of SAMHSA's Center for Substance Abuse Treatment (CSAT). In her new role, Dr. Johnson will be responsible for the leadership, management and operation of CSAT's \$2 billion budget and grants to states, tribes, territories, communities and non-profit organizations. Dr. Johnson currently serves as the deputy director for operations of CHES/NIATx, a research center at the University of Wisconsin-Madison that focuses on systems improvement in behavioral health and the development of mobile applications for patient self-management. She is also co-director of the national coordinating office of the Addiction Technology Transfer Center. Prior to her move to Wisconsin, she served for seven years as the director of the Office of Substance Abuse in Maine.

### Nonmedical Use of Adderall on the Rise Among Young Adults

Nonmedical use of Adderall, a medication used to treat attention deficit hyperactivity disorder (ADHD), rose 67 percent among young adults between 2006 and 2011, according to a [new study](#) from the Johns Hopkins Bloomberg School of Public Health. The number of emergency room visits involving misuse of the drug among 18- to 25-year-olds also rose during this period, [NPR reported](#). Researchers said in many cases, young adults who misuse ADHD drugs get them from a friend or family member who has been prescribed the pills. They may use them in an attempt to get a mental boost as they study. The findings appear in the [Journal of Clinical Psychiatry](#).



### Study: Sedative-Related Overdoses on the Rise

Fatal overdoses from benzodiazepines — sedatives sold under brand names such as Xanax, Valium and Ativan — are on the rise, according to a [new study published in the American Journal of Public Health](#). Overdoses from benzodiazepines accounted for 31 percent of the almost 23,000 deaths from prescription drug overdoses in the U.S. in 2013. Researchers said the number of adults who used benzodiazepines rose from 8.1 million prescriptions in 1996, to 13.5 million in 2013 — a 67 percent increase. The quantity of filled prescriptions more than doubled during that period. The overdose death rate for benzodiazepines rose from 0.58 deaths per 100,000 in 1996 to more than 3 deaths per 100,000 in 2013 — a more than fivefold increase.

## News & Research Roundup, cont.

### “Invisible Risk” Among Adolescents

High media use, sedentary behavior and reduced sleep are associated with an elevated risk for suicide and mental health issues linked to suicide. However, these behaviors may not trigger the services offered to young people with more widely recognized risk factors (i.e., alcohol, drug, and tobacco abuse). [Read more.](#)



### HHS Seeks Public Comment on Confidentiality of Alcohol and Drug Abuse Patient Records

The U.S. Department of Health and Human Services (HHS) has [proposed revisions](#) to the Confidentiality of Alcohol and Drug Abuse Patient Records regulations — 42CFR Part 2. The goal of the proposed changes is to facilitate information exchange within new health care models, while addressing the legitimate privacy concerns of patients seeking treatment for a substance use disorder. The regulatory changes will ensure that patients with substance use disorders have the choice to participate in and benefit from new, integrated health-care models without fear of the risk of adverse consequences. HHS is welcoming public comment on the proposed rule. To submit comments online, visit <http://www.regulations.gov>. Follow the “Submit a Comment” instructions. To be assured consideration, comments must be received, **no later than 5 p.m. on April 11.**

## 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:

March 9 — [SE/IPS Regional Training Day 1: Intro to SE/IPS and Benefits Advocacy \(Columbus\)](#)

March 24 — [Foundations of Motivational Interviewing, Part 2 \(Cleveland\)](#)

April 5 — [Job Development Applications for Housing Professionals \(Independence\)](#)

April 13 — [Leadership Essentials: Roles, Functions and Styles for Leading Treatment Teams](#)

April 20 — [SE/IPS Regional Training Day 2: Intro to Helping Individuals Find and Keep Jobs \(Columbus\)](#)

May 10 — [Job Development Applications for Housing Professionals \(Parma\)](#)

May 17 — [Job Development Applications for Housing Professionals \(Columbus\)](#)

May 18 — [SE/IPS Regional Training Day 3: Intro to Team Integration and Motivational Interviewing \(Columbus\)](#)

June 21 — [Job Development Applications for Housing Professionals \(Columbus\)](#)

June 24 — [Job Development Applications for Housing Professionals \(Parma\)](#)

### Regional Problem Gambling Trainings

Recovery Resources, in partnership with OhioMHAS, will host a series of regional “Advanced Disordered Gambling Trainings” this spring. Upcoming offerings include: *Gambling and Cultural Competencies* (April 7 in Cleveland and April 8 in Columbus) and *Gambling as a Co-Occurring Disorder* (May 5 in Cleveland and May 6 in Columbus). The cost, which includes breakfast and lunch, is \$50. Click [HERE](#) for more information or to register.

### OhioMHAS Certification Rules Webinars

The Ohio Department of Mental Health and Addiction Services (OhioMHAS) Bureau of Licensure and Certification has announced a series of free training webinars to highlight several certification rules changes that will take effect April 1, 2016. The series began on Feb. 25 and wraps up on March 25. Click [HERE](#) for a complete schedule and to register.

### OPPA Annual Psychiatric Update — March 13

Register today to attend the [Ohio Psychiatric Physicians Association Annual Psychiatric Update: Innovations & Controversies in Psychiatry](#). This year’s meeting will be held March 13 at the Hilton Columbus at Easton. Topics include: *Marijuana in 2016: Science, Policy and Treatment*; *Youth with Gender Dysphoria*; *Assisted Outpatient Treatment and Thinking Carefully About Guns, Mental Illness and the Law*.

## Training Opportunities, cont.

### Register to Attend Ohio's 2016 Recovery Housing Conference — April 18-19

The 2016 Ohio Recovery Housing Conference, "Building Community," will take place April 18-19 at the Crowne Plaza Columbus North — Worthington. This year's conference will feature presentations on fair housing, trauma-informed care, mental health first aid, supported employment, staffing and engaging families, among other topics. Click [HERE](#) for hotel information and online registration. Questions? Please contact Stephanie Pellitt at [stephanie@recoveryhousing.org](mailto:stephanie@recoveryhousing.org).

### Ohio's 2016 Opiate Conference – May 2-3

Registration for Ohio's 2016 Opiate Conference: Advancing Prevention, Intervention, Treatment, and Recovery is now available. This year, the Ohio Association of County Behavioral Health Authorities, in partnership with OhioMHAS and the Ohio Department of Rehabilitation and Correction, will host Ohio's seventh annual Opiate Conference on May 2-3 at the Hyatt Regency in Columbus, Ohio. During the event, attendees will have the opportunity to attend a local task force pre-conference on day one, and on day two will hear keynote presentations from two state legislators as well as from Sam Quinones, author of Dreamland. Click [HERE](#) for more information and to register.

### ADAPAO Annual Conference — May 4

The Alcohol and Drug Abuse Prevention Association of Ohio will host its annual conference from 9 a.m.-4 p.m. May 4 at the Boat House at Confluence Park in Columbus. This year's conference, "Creating Healthy Communities: A Public Health Approach to Prevention," will include content on marijuana, the relationships between prevention and recovery, and the role prevention can play in our increasing understanding of trauma as a risk factor for behavioral health issues. Register at [www.adapao.org](http://www.adapao.org).

### Save the Date! 2016 Trauma-Informed Care Summit and Institute— June 22-23

The Ohio Departments of Developmental Disabilities (DODD) and Mental Health and Addiction Services (OhioMHAS) are partnering to host the Third Annual Trauma-Informed Care Summit and Institute June 22-23 at the Crowne Plaza Columbus North — Worthington. The Summit promotes the recognition of trauma as a public health concern and its impact on the emotional and physical well-being of individuals. This training will help participants recognize the importance of implementation of theory to practice, sustainability and collaboration across all human services systems in responding to persons with lived traumatic experiences. More information will be available on the OhioMHAS website in the coming months.

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

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](http://www.OPECconference.com). **Want to present? The deadline for proposals has been extended to March 4.** Click [HERE](#) to submit a proposal.

### Save the Date! 2016 UMADAOP State Conference — Sept. 28-30

The Urban Minority Alcoholism and Drug Abuse Outreach Programs (UMADAOPs) Federation of Ohio will host its annual state conference, "Tutajenga: We will build ..." on Sept. 28-30 at the Westin Hotel in Cleveland. For conference updates, email [info@umadaop2016.com](mailto:info@umadaop2016.com) or visit [www.umadaop2016.com](http://www.umadaop2016.com).

### New StopBullying.Gov Continuing Education Course

[StopBullying.gov](http://StopBullying.gov) recently announced the release of a new [Bullying Prevention Continuing Education Course](#). The self-directed training provides the tools necessary to promote bullying prevention research and best practices at the community level. The course features the newest research on bullying prevention, quizzes throughout to test one's knowledge and the ability to earn course credits quickly and easily.



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