



(Seated l-r): Lori Erion, Families of Addicts; Tonda DaRe, Holly's Song of Hope; and Brenda Stewart, The Addict's Parents United, discuss how peer-support groups help grieving families pick up the pieces.

G.A.P. Summit Showcases How Ohio is Helping Families Cope with Tragedy

The G.A.P. Network hosted its third Summit in support of families managing grief in the aftermath of a drug-related overdose on Feb. 26-27 in Dublin. The Summit brought families together with professionals to discuss managing grief, building community collaboration and discussing their role as advocates for change. More than 80 members of the Network attended the Summit, learning valuable coping skills and gaining insight into the efforts to curb prescription drug misuse in Ohio.

Nationally renowned speaker Paula Stephens presented on the 5 *Stages of Crazy-Good Grief* on Friday, following Jim Joyner's presentation, *Addiction: America's Invisible Thief*. On Saturday, the Network welcomed program managers from The Ohio State University's Campus Recovery Community, who shared their stories and hope for creating sober, safe environments for young adults to thrive.

The G.A.P. Network is a program of Drug-Free Action Alliance, and the Summit was funded by a grant from the Ohio Department of Mental Health and Addiction Services. To learn more, contact Emilie Brown at info@drugfreeactionalliance.org or call 614.540.9985.

Community Readiness Grows via 2016 Problem Gambling Conference

Aligning with March as the annual observance of Problem Gambling Awareness Month, nearly 200 Ohio professionals came together to learn and network at the 2016 Ohio Problem Gambling Conference. The conference theme of "Community Readiness," provided a framework for representatives of the state's county Alcohol, Drug Addiction and Mental Health (ADAMH) boards, behavioral health service providers, casino and racino responsible gambling administrators, and leadership from the Ohio Casino Control and Lottery commissions, along with the Ohio Department of Mental Health and Addiction Services (OhioMHAS).

The March 3-4 event kicked off with a welcome from OhioMHAS Director Tracy Plouck, who read from Gov. John R. Kasich's proclamation announcing March as Ohio's Problem Gambling Awareness Month. This was followed by remarks from Matthew Schuler, executive director of the Ohio Casino Control Commission, and Angela Mingo, commissioner with the Ohio Lottery Commission.

Conference highlights included an opening keynote on brain science by Frank J. Kros, MSW, JD, who spoke about how cortisol affects the brain and an individual's behavior. A featured speaker on day two was Julie Hynes, CPS, MA, RD, who explored the world of Daily Fantasy Sports, how it connects with gambling and problem gambling issues related to the new billion-dollar boon.

In addition, individuals and family members personally impacted by gambling addiction presented and guests from the gambling industry led a question-and-answer session.

Click [HERE](#) to view available handouts.

[View](#) more conference photos.



Frank Kros

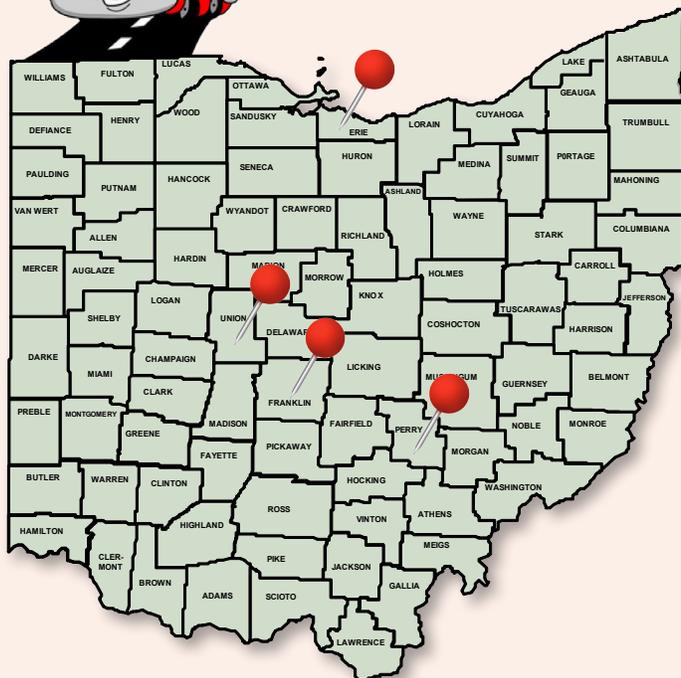
April is Alcohol Awareness Month

Each April since 1987, the National Council on Alcoholism and Drug Dependence, Inc. (NCADD) has sponsored Alcohol Awareness Month to increase public awareness and understanding, reduce stigma and encourage local communities to focus on alcoholism and alcohol-related issues. This year's theme, "Talk Early, Talk Often: Parents Can Make a Difference in Teen Alcohol Use," emphasizes the prevention of alcoholism, particularly among our youth, and the important role that parents play in giving kids a better understanding of the impact that alcohol can have on their lives. Click [HERE](#) for more information on National Alcohol Screening Day — April 7.





On the Road with Director Plouck



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

- 3.3 Provided welcome remarks at the annual OhioMHAS Problem Gambling Conference.
- 3.16 Spoke at the board meeting of the Ohio Housing Finance Agency about the OhioMHAS housing inventory and housing needs for individuals with mental illness and substance use disorders.
- 3.18 Addressed stakeholders at the quarterly meeting of the OhioMHAS Planning Council.
- 3.24 Along with Ohio Attorney General Mike DeWine participated in a phone bank to educate law enforcement about using the opiate overdose-reversal medication naloxone.
- 3.29 Along with Arthur Evans, Ph.D., Commissioner of Philadelphia's Department of Behavioral Health and Intellectual disAbility Service and Lonnetta Albright, executive director of the Great Lakes Addiction Technology Transfer Center, participated in a panel discussion on Recovery Oriented Systems of Care (ROSC) hosted by the Ohio Association of County Behavioral Health Authorities.
- 3.31 Met with officials in Erie County to discuss bed access at Northwest Ohio Psychiatric Hospital (NOPH) in Toledo.



Be Aware Coalition Mobile Drug Education Trailer to Visit Marietta for State of the State

On April 6, all eyes will be on Marietta as Gov. John Kasich delivers his sixth State of the State address at 7 p.m. from the historic People's Theater. During the day, cabinet directors will be on hand in Washington County, visiting stakeholders and participating in a wide array of public events to showcase past-year accomplishments.

OhioMHAS Director Tracy Plouck's itinerary will include participation in a healthcare workforce discussion at Marietta Hospital with representatives from the Governor's Office of Workforce Transformation and the Ohio Department of Higher Education and a mid-morning "*5 Minutes for Life*" presentation to students at Belpre High School. Dir. Plouck will be joined by Interim Superintendent of Public Instruction Dr. Lonny J. Rivera from the Ohio Department of Education, as well as colleagues from the Ohio National Guard and Ohio State Highway Patrol, to help students and staff learn more about Ohio's *Start Talking!* youth drug prevention campaign.

At 4 p.m., Dir. Plouck will join with Washington County Sheriff Larry Mincks, Guernsey County Sheriff Jeffrey Paden, *Ohio Valley Educational Service Center* Supt. Chris Keylor and members of the "Be Aware" coalition to showcase the coalition's mobile drug prevention education trailer (pictured above). The trailer, which has been transformed from a Federal Emergency Management Agency temporary housing unit into an interactive drug-education unit, is designed to resemble a teenager's bedroom. A closer look helps adults learn to recognize warning signs and identify ways in which drugs can be concealed in plain sight.

The Be Aware coalition is comprised of Alcohol and Drug Services of Guernsey County, the Guernsey County Sheriff's Office, the Guernsey-Noble Safety Council, the Ohio Valley ESC, the Guernsey County Juvenile Court and the Guernsey County Health Department.

Furry Volunteers A Hit With Twin Valley Patients

American cartoonist Charles Schulz, best known for his comic strip Peanuts, once remarked, "Happiness is a warm puppy."

Though Schultz passed away in 2000, his words still ring true today at Twin Valley Behavioral Healthcare in Columbus, where the hospital has been spreading cheer among patients since October 2014 with the help of canine volunteers and their handlers from the [Angel Paws](#) organization.

Animal-Assisted Activities (AAA) volunteers Barb Hapner (and her retriever, Max) and Sally Clark (and her poodle-terrier mix, Indy) have been bringing smiles and encouragement to patients and staff with weekly visits.

The pair works with TVBH's weekend adjunctive therapy clinicians to engage patients in these visits. Therapists have witnessed patients who rarely attend treatment options and who present with multiple negative symptoms be willing to attend the animal-assisted therapy and, upon seeing the dog, their affect noticeably brightens.

"Patients who rarely smile will smile and laugh, and patients who are generally quiet become very conversational when reminiscing about pets from their past and their ability to comfort and show love," said TVBH Volunteer Program Administrator Maureen Fahy.

Once the weather warms, the duo will be joined by a third animal handler — Jade Foster and her miniature pony Foster.



Volunteer Barb Hapner and her therapy dog, Max, bring smiles to patients at Twin Valley Behavioral Healthcare in Columbus.



Mental Health Benefits of Pet Therapy

- lifts spirits and lessens depression
- decreases feelings of isolation and alienation
- encourages communication
- provides comfort
- increases socialization
- reduces boredom
- lowers anxiety
- helps children overcome speech, emotional disorders
- creates motivation for the client to recover faster
- reduces loneliness

Source: www.pawsforpeople.org



Angel Paws volunteer Sally Clark with Indy



OhioMHAS Nurses Participate in TIC Training

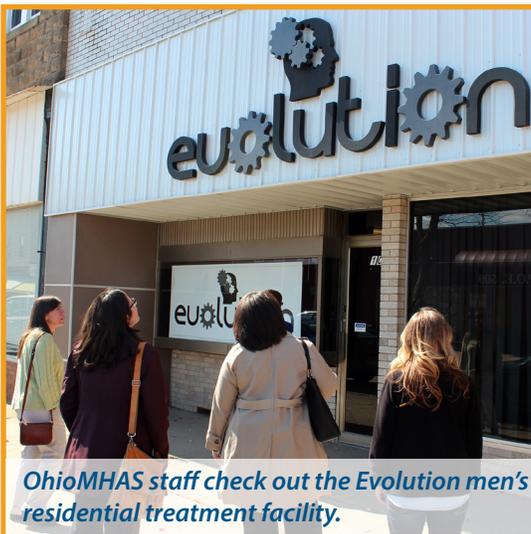
Many individuals who seek treatment in behavioral health settings have histories of trauma, but they often don't recognize the significant effects of trauma in their lives. Through a trauma-informed approach, behavioral health professionals can deliver services that meet client needs in a safe, collaborative and compassionate manner — preventing practices that retraumatize an individual.

This month, as part of an ongoing effort to implement trauma-informed approaches within Ohio's regional psychiatric hospitals, nurse leaders from all six facilities participated in a

Trauma-Informed Care (TIC) forum. The March 17 training included a brainstorming session that focused on: establishing and maintaining a trauma-informed culture; the practical application of TIC in managing the milieu; promoting teamwork; empowering all staff roles within the unit with equal voice; assisting staff in recognizing their own biases; defining roles and identifying ways to creatively resolve/address power struggles; and, increasing collaboration for best practices between all hospitals. The Forum was facilitated by Raul Almazar from the [National Center for Trauma-Informed Care](#) (NCTIC).



New Lexington's Main Street is home to an array of addiction recovery services managed by Perry Behavioral Health Choices, Inc., including (from left) Eclipse House, Sobriety Village, Stanton Villa Annex and Stanton Villa.



OhioMHAS staff check out the Evolution men's residential treatment facility.

Perry County Village Offers Full Continuum of Recovery Services Right on Main Street

In the Perry County village of New Lexington, residents can access everything from prevention services and individual/group counseling to residential/outpatient treatment and sober housing — all within a short walk down Main Street. This month, officials from [Perry Behavioral Health Choices, Inc.](#), invited OhioMHAS Director Tracy Plouck on a tour that included a visit to the main office of PBHC; Sobriety Village, a recovery house for women; Stanton Villa, residential center for women; Eclipse, a recovery house for men set to open in April; Evolution, a residential center for men, which opened in the fall; and a newly acquired space that will be renovated and turned into an activity center. OhioMHAS provided \$173,000 in funding to support the recovery housing projects. "I've been looking forward to this visit for a long time," said Dir. Plouck. "I think that the establishment of so many services on a continuum in smaller communities is excellent. And I think that it is a great example for other places in Ohio to follow." See [more photos](#) on the OhioMHAS Flickr page.



Erica S. shows off her apartment, explaining how stable housing has benefitted her recovery.



PBHC, Inc., Executive Director Theressa Snyder (center) shows off the nearly-completed Eclipse men's sober housing project.

Hospital Briefs

National Volunteer Week

In recognition of National Volunteer Week, Twin Valley Behavioral Healthcare is hosting a reception on May 15 to honor volunteers for their service and dedication to enriching the lives of patients. The reception, which will take place from 1:30-3:30 p.m. in TVBH's Northwing Conference Center, will feature refreshments and awards. For more information, or to RSVP, contact Maureen.Fahy@mha.ohio.gov or call 614.641.4326.

"Reboot Your Body" Employee Health Challenge

Twin Valley Behavioral Healthcare is challenging employees to become a healthier, more food-conscious and supportive workforce through the launch of the "Reboot Your Body" program. Twenty-five participants enrolled in the 10-week program on Feb. 1 and will finish the challenge on April 8. The group has held bi-weekly meetings and gathered resources regarding wellness and weight management. Participants have shared healthy recipes and developed a support group to encourage one another. The hospital plans to make this a year-round program for interested employees.

Training Highlights Impact Trauma Can Have After Nursing Home Closes

When a nursing facility closes, the event can be traumatic for the residents who have called it home. To increase awareness about the impact trauma can have on these



Sherri Smith

residents, the Area Agency on Aging 11, with support from the Ohio Department of Mental Health and Addiction Services, invited representatives from local nursing facilities to participate in a training held March 8 in Youngstown. About 50 nursing facility staff from Trumbull and Mahoning counties attended the training, which featured a variety of speakers, including Sherri Smith (pictured), a nursing home resident who shared how she was impacted after the nursing home where she resided closed and she had to move to a new facility. Read more in [The Vindicator](#).

News & Research Roundup

Center for the Application of Prevention Technologies Releases Digital Toolkit

The federal Substance Abuse and Mental Health Services Administration (SAMHSA) Center for the Application of Prevention Technologies has released a new [Prevention Collaboration in Action digital toolkit](#) featuring collaboration success stories from SAMHSA grantees, 30-plus resources and worksheets and an easy-to-use search engine.

SAMHSA Resource on Preventing Suicide Among Seniors

SAMHSA has a new resource to help address a misunderstood behavioral health issue among older adults — suicide. [Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Centers](#) was released in September to coincide with National Suicide Prevention Week. Its release comes at an important time, as death by suicide is a growing public health concern. More than 7,000 people age 65 or older died by suicide in 2013, according to statistics from the Centers for Disease Control and Prevention — a figure that places the suicide rate among older adults higher than the general population. SAMHSA's toolkit aims to increase access to help by providing information and resources to people who work closely with seniors so they can identify those who might be at risk and offer the necessary help and referrals.

Study: Symptoms Outdo Diagnoses in Predicting Bipolar Disorder in At-Risk Youth

Three types of symptoms emerged as powerful predictors of whether a youth with one parent with bipolar disorder will go on to develop the disorder, according to a [study](#) of 391 at-risk youth. The findings offer a much more specific roadmap than previously available for assessing risk of bipolar disorder early in at-risk youth, and one that is based on symptoms, not traditional psychiatric diagnoses. The symptoms identified — related to anxiety/depression, affective lability (unstable mood, including irritability) and low-level manic symptoms — also provide insight into what may be a high-risk syndrome or "prodrome" preceding the onset of bipolar spectrum disorder.

Study: Marijuana Use Associated with Poorer Outcomes for Persons with Psychotic Disorders

Marijuana users who have certain psychiatric disorders may spend more time in the hospital for their conditions according to a [new study](#) published in the journal *BMJ Open*. Study authors said marijuana users who were diagnosed with a psychotic illness for the first time were 50 percent more likely to be admitted to the hospital and also had longer hospital stays compared with people who suffered a first episode of psychosis and did not use the drug.

News & Research Roundup, cont.

Team-Based Treatment for First Episode Psychosis Found to be of High Value

New analysis from a [mental health care study](#) shows that “[coordinated specialty care](#)” (CSC) for young people with [first episode psychosis](#) is more cost-effective than typical community care. Cost-effectiveness analysis in health care is a way to compare the costs and benefits of two or more treatment options. While the team-based CSC approach has modestly higher costs than typical care, it produces better clinical and quality-of-life outcomes, making the CSC treatment program a better value. These findings of this study, funded by the National Institute of Mental Health, will help guide mental health professionals in their treatment for first episode psychosis.

Study: Exercise May Reduce Symptoms In Teens, Young Adults Who Had A First Psychosis Episode

Exercise can reduce symptoms in teens and young adults who had a first psychosis episode, according to the findings of a [31-patient study](#) published online March 14 in the journal *Early Intervention in Psychiatry*. After patients did personalized workout regimens for 10 weeks under the supervision of a researcher, those in the exercise program had a 27 percent reduction in psychiatric symptoms. According to a related article in [LiveScience](#), investigators “found that the greatest improvement occurred in symptoms such as social withdrawal and low motivation — the severity and frequency of these symptoms decreased by 33 percent in the exercise intervention group.”

Mental Health Month 2016 Toolkit Available

For more than 65 years, Mental Health America (MHA) and its affiliates throughout the country have led the observance of May is Mental Health Month by reaching millions of people through the media, local events and screenings. To promote this year’s theme, *Life With a Mental Illness*, MHA has developed a free [toolkit](#) containing fact sheets, key messages, sample press releases, newsletter articles, sample proclamations, social media posts and more.



SHARE WITH
#mentalillnessfeelslike

Opioid Painkillers to Carry “Black Box” Warning

The Food and Drug Administration (FDA) recently [announced](#) it will require immediate-release opioid painkillers to carry a “black box” warning about the risk of misuse, abuse, addiction, overdose and death. Immediate-release opioids are usually intended for use every four to six hours, while extended-release opioids are generally intended to be taken once or twice a day. According to the FDA, 90 percent of opioid prescriptions are for immediate-release opioids. The FDA placed black-box warnings on extended-release opioids in 2013. The warning includes information about neonatal opioid withdrawal syndrome (NOWS), which can occur in a newborn exposed to opioids for a prolonged period during pregnancy. NOWS may be life-threatening if not recognized and properly treated, the warning states.



Study Suggests Meditation May Provide Non-Opioid Alternative for Pain Relief

A [new study](#) from researchers at the Wake Forest Baptist Medical Center suggests meditation can significantly reduce pain, without using the body’s opioid receptors. The findings are especially significant for people who have built up a tolerance to opiate-based medications and are seeking a non-addictive way to reduce pain, the researchers say. Study participants were divided into four groups. The first group received naloxone and meditated; the second meditated with no naloxone; the third meditated and received a saline placebo; and the fourth received the placebo and did not meditate. Those who meditated and received naloxone had a 24 percent decrease in pain, compared with their responses before treatment. Among participants who meditated and got a saline injection, pain ratings dropped

by 21 percent. In contrast, pain ratings increased in those who did not meditate. The findings are published in the [Journal of Neuroscience](#).

CDC Releases Guidelines for Doctors Designed to Reduce Opioid Prescribing

The Centers for Disease Control and Prevention (CDC) [issued guidelines](#) this month that recommend primary care providers avoid prescribing opioid painkillers for patients with chronic pain, according to an [article in USA Today](#). The guidelines provide advice on when doctors should begin or continue opioids for chronic pain, which types of opioids to choose, how long to prescribe them and how to determine their risks. Ohio has released three sets of prescribing guidelines. Learn more at [www.opioidprescribing.ohio.gov/](#).

News & Research Roundup, cont.

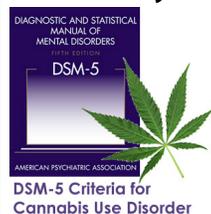
American Board of Medical Specialties Recognizes Addiction Medicine as Subspecialty

The American Board of Medical Specialties (ABMS) has officially recognized Addiction Medicine as a subspecialty. The subspecialty will allow physicians certified by any of the 24 ABMS Member Boards to apply for the new certificate. "Substance use and addiction are serious health problems of enormous proportion and impact in this country and on our society," ABMS President and Chief Executive Officer Lois Margaret Nora, MD, JD, MBA, said in a [statement](#).



American Board
of Medical Specialties
Higher standards. Better care.®

NIH: Nearly Six Million U.S. Adults Experienced Past-Year Marijuana Use Disorder



Almost six million American adults experienced marijuana use disorder in the past year, according to a study by scientists at the National Institutes of Health. Symptoms of marijuana use disorder include cravings, developing a tolerance, and experiencing withdrawal symptoms, including inability to sleep, nervousness, anger or depression within a week of stopping heavy use. The study, published in the [American Journal of Psychiatry](#), found that 6.3 percent of adults acquire a dependence on marijuana at some point in their lives, and 2.5 percent of adults have experienced marijuana use disorder in the past year. The researchers interviewed more than 36,000 adults about their drug and alcohol use and related psychiatric conditions. Researchers found marijuana use disorder is about twice as common in men than women. Younger people are much more likely than those aged 45 and older to experience the disorder. The researchers also noted cannabis dependence is strongly and consistently associated with mental health disorders, as well as other substance use disorders.

New Resource: Screening and Assessment of Co-occurring Disorders in the Justice System

The federal Substance Abuse and Mental Health Services Administration has released a new publication — [Screening and Assessment of Co-occurring Disorders in the Justice System](#) — to provide knowledge on a wide range of evidence-based practices for screening and assessment of adults in the justice system who have co-occurring mental and substance use disorders. This free guide also discusses the importance of instrument selection for screening and assessing patients.

Ohio Substance Abuse Monitoring Network Publications



The Ohio Substance Abuse Monitoring (OSAM) Network has released a new OSAM-O-Gram: [Second Generation "Bath Salts" Emergent in Ohio: Presence of Flakka Becoming Known](#) and its latest Targeted Response Initiative: [Impact of Client Suicide on Clinicians](#). Both resources are available under the [Research tab](#) on the OhioMHAS website.

CDC Issues Report on Ohio Visit Examining Increase in Fentanyl-Related Drug Overdose Deaths

The Centers for Disease Control and Prevention (CDC) released a [report](#) this month examining the increase in unintentional fentanyl-related drug overdose deaths in Ohio. The Ohio Department of Health (ODH) requested the CDC's assistance in September after releasing drug overdose data showing that fentanyl-related overdose deaths increased from 84 in 2013 to 502 in 2014. CDC staff arrived in Ohio in late October for a three-week stay that included working with ODH on an in-depth analysis of data ranging from death certificates and emergency department records to coroner and medical examiner reports. CDC and ODH staff also visited four regional hotspots (Cuyahoga, Hamilton, Montgomery and Scioto counties) and met with local officials representing public health, addiction services, coroners and medical examiners, law enforcement and emergency medical services, among others. The report offers recommendations addressing public health surveillance, response in high-burden counties and high-risk groups, enhancing EMS response, enhancing layperson response, improving prescribing practices and referring patients to treatment, reducing stigma around substance abuse and treatment, integrating prevention services, and public health messaging. The report notes that the state "has launched a comprehensive response to the increase in fentanyl-related deaths," and that the joint CDC/ODH investigation "represented one of a wide range of activities across Ohio state government in response to the opiate crisis in Ohio." [Read more.](#)





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:

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 \(Parma\)](#)

eBased Academy Peer Support Course Offerings

OhioMHAS is pleased to announce five new eBased Academy training courses: Introduction to Peer Support, Trauma-Informed Care in Peer Support, Health and Wellness in Peer Support, History of the CSX Movement and Ethics and Boundaries for Peer Supporters. These offerings are part of the Ohio Peer Supporter training program. Four of the five courses are updates while the fifth course, Ethics and Boundaries for Peer Supporters, is a new to eBasedAcademy. To learn more about how to sign-up for eBasedAcademy and enroll in this and other courses go to www.ebasedacademy.org.

NADD Spring Webinar Series

Registration is now open for the National Association for the Dually Diagnosed (NADD) Spring Webinar Series, which consists of 12 webinars offered between April 21 and June 22. For information about webinars, including complete descriptions of the offerings, click [HERE](#).

Collaborative Problem Solving: Rethinking Challenging Kids — April 12-14

The Village Network and Brite Futures Youth and Family Services are sponsoring a Collaborative Problem Solving: rethinking Challenging Kids training April 12-14 on the campus of Mount Vernon nazarene University. Learn more [HERE](#). Questions? Contact Tracy Muntz-Dalton at tmuntzdalton@thevillagenetwork.com.

Safe Schools/Healthy Communities Trainings — April 15 & 20

As part of PreventionFIRST!'s (PF!) ongoing role with the Safe Schools/Healthy Communities grant, two trainings will be conducted by PF! staff in both Greene (April 15) and Williams (April 20) counties that focus on prevention. Both counties, along with Harrison Hills in eastern Ohio, serve as SSHS sites for the five-year grant which is administered by the Substance Abuse Mental Health Services Administration (SAMHSA) and managed by the Ohio Department of Mental Health and Addiction Services. PF! provides technical assistance around substance abuse prevention for the grantees. Click [HERE](#) to register for the Greene County training. To register for the Williams County training, contact: Ron Rittichier, Safe Schools/Healthy Students Project Director at rrittichier@nwoesc.org or call 567.444.4800 ext. 4965.

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.

Lorain County Family Advocacy Training — April 23

The Alcohol and Drug Addiction Services Board of Lorain County, in partnership with Ohio Citizen Advocates for Addiction Recovery, Drug-Free Action Alliance and University Hospitals-Elyria Medical Center, are hosting a Family Advocacy Training, *Stigma Busting, Messaging, Advocacy for Your Loved One, Personal Stories & Other Ways to Get Your Voice Heard*, from 9 a.m.-2 p.m. on April 23 at the gates Auditorium, 125 Broad St., Elyria. RSVP to Georgas@lorainadas.org or call 440.282.9920.

2016 We Are the Majority Youth Rally & Resiliency Ring — April 28

Join the [Ohio Youth-Led Prevention Network](#) and [YouthMOVE Ohio](#) for the 2016 "We Are The Majority" Youth Rally and Resiliency Ring slated for April 28 in downtown Columbus. The event is free and includes lunch. Register by April 8 to guarantee a spot and receive a T-shirt. Click [HERE](#) for more information.

Training Opportunities, cont.

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.

Smart Bet Train the Trainers — May 9, 11, 16, 20

Drug Free Action Alliance (DFAA), under a grant from OhioMHAS, is offering a Train the Trainers on the Smart Bet curriculum in four locations across Ohio. Smart Bet is a curriculum designed to help young adults acquire the knowledge and skills necessary to make healthy choices about whether, when and how much to gamble. The materials can be stand-alone or integrated into other training curricula, lessons, or activities. Training attendees will leave the day fully equipped to run the Smart Bet program in their own communities. Cost is \$10 with lunch included. Click [HERE](#) for location and registration information.

2016 Suicide Prevention Conference — May 13

The Ohio State University Wexner Medical Center and OhioMHAS are teaming up to present the third annual [Suicide Prevention Conference](#) on May 13 at the Ohio Union at The Ohio State University, 1739 N. High St., Columbus. Participants will hear from leading researchers and advocates who will address strategies, advancements and outcomes regarding suicide prevention. New to the conference this year are two breakout sessions that will provide tools and resources in addressing the impact of suicide and suicide prevention. Clark Flatt, president of The Jason Foundation, will present the keynote, *Youth Suicide: The Silent Epidemic*. [View](#) the conference agenda. Click [HERE](#) to register.

2nd Annual Housing Showcase: Innovations in Affordable Housing — May 16

OhioMHAS will host the 2nd Annual Housing Showcase: Innovations in Affordable Housing May 16 in Columbus. This year's Showcase will feature information on the Tiny House Movement, utilizing Shipping (Cargo) Containers as affordable housing solutions along with the results of the ADAMH/CMH/ADAS housing needs survey, and housing models targeted for transition-aged youth. This free learning opportunity is perfect for anyone interested in learning more about the wide variety of housing and housing supports that is supported throughout Ohio's urban and rural communities. Click [HERE](#) to register.

Ohio Early Childhood Special Education Conference — June 3

Save the Date! The Ohio Department of Education will host the Ohio Early Childhood Special Education Conference on June 3. Participants will gain strategies to strengthen relationships between early childhood professionals, families and children; create environments to foster social emotional growth/learning; and prevent challenging behavior. Early childhood classroom and itinerant teachers, early intervention providers, developmental specialists, administrators and students welcome.

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.

Training Opportunities, cont.

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.

2016 Addiction Studies Institute — July 20-22

The Ohio State University Wexner Medical Center's Talbot Hall will present the 2016 Addiction Studies Institute on July 20-22 at the Greater Columbus Convention Center. The Addiction Studies Institute is the largest Midwest conference of its kind providing an array of dynamic educational choices for the chemical dependency counselor, social worker, prevention specialist, criminal justice professional, clergy, physician, marriage and family therapist, nurse, and other healthcare specialists. In addition to general sessions, participants can select from more than 55 concurrent sessions. These sessions range from entry-level to advanced in scope. [View the conference website](#) for more information.

2016 Pediatric Mental Health Symposium — Sept. 19

Save the date! Cincinnati Children's, Division of Child and Adolescent Psychiatry, will host its 2016 Pediatric mental Health Symposium on Sept. 19 at Great Wolf Lodge in mason, Ohio. Details are forthcoming.

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 or visit www.umadaop2016.com.

2016 Training for Adoption Competency Schedule

The Alcohol, Drug Addiction and Mental Health Services Board of Montgomery County, in partnership with the Montgomery County Department of Job and Family Services, have released the schedule for its [2016 Training for Adoption Competency \(TAC\) program](#). TAC is a comprehensive training for professionals in the mental health and child welfare fields to provide them with the clinical knowledge and skills they need to effectively serve the adoption kinship network. View the [2016 flyer](#) and [participant application](#). 60.5 CEU's will be provided for counselors and social workers. Contact Su-Ann Newport with questions at snewport@mcadamhs.org or 937.443.0416 ext. 114.

National Prescription Drug Take-Back Day — April 30

Click [HERE](#) for collection locations.

[Partnership Toolbox](#)
[Drug Disposal Information](#)
[Law Enforcement Agencies Only](#)

GotDrugs?



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