

## Hundreds of Ohioans Celebrate Recovery Month at Statehouse Rally



“What a beautiful day to celebrate beautiful people – individuals in recovery and their families,” Ohio Department of Mental Health and Addiction Services Director Tracy Plouck said to a crowd of hundreds gathered at the 2016 Ohio Rally for Recovery. The rally, sponsored by Ohio Citizen Advocates for Addiction Recovery, with support from OhioMHAS and The Ohio State University Wexner Medical Center, was held Sept. 23 at the Ohio Statehouse to coincide with National Recovery Month.

*Pictured: (left) Cleveland Treatment Center’s On the One band entertains the crowd; (right and above) jubilant attendees participate in the Recovery Countdown. View [more photos](#).*



## Statewide Crisis Text Line Takes Suicide Prevention into the Age of Texting

Ohio is making it easier for individuals who are experiencing a stressful situation to find immediate help, 24/7 with the launch of a free, confidential, statewide **Crisis Text Line**. Any Ohio resident who needs help coping with a crisis can now text the keyword “4hope” to 741741 to be connected to a crisis counselor.

Trained counselors are on stand-by to provide a personal response and information on a range of issues, including: suicidal thoughts, bullying, depression, self-harm, and more. The specialist

helps the user stay safe and healthy with effective, secure support.

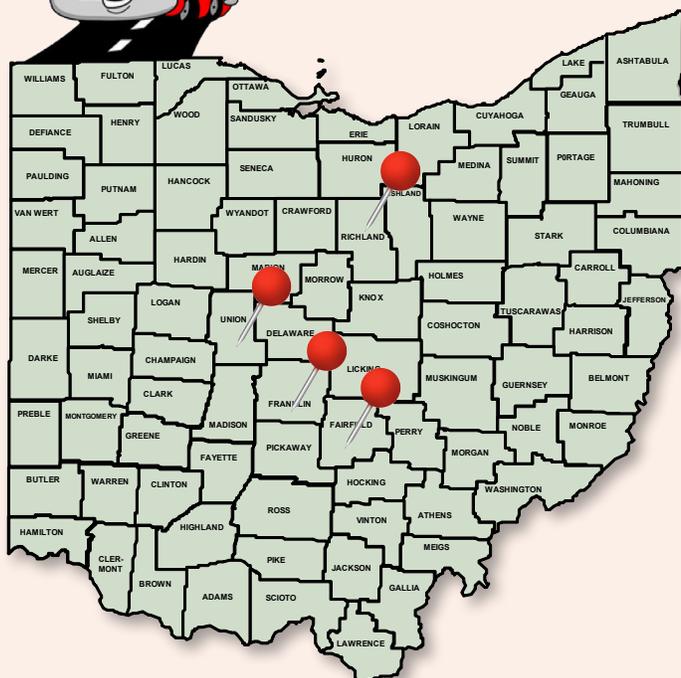
The keyword “4hope” was developed by the Stark County Mental Health and Addiction Recovery (StarkMHAR) board, which *piloted* a crisis text line for youth and young adults as part of the **Strong Families, Safe Communities** initiative funded by the departments of Mental Health and Addiction Services and Developmental Disabilities.

Read the [media release](#). View a [fact sheet](#).





## On the Road with Director Plouck



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

- 9.8 Provided opening remarks at Columbus State Community College's Student Workforce Development Forum.
- 9.14 Toured West Central Community Correctional Facility in Marysville.
- 9.15 Participated in an editorial board meeting at *The Columbus Dispatch* to discuss Ohio's efforts to combat opiate addiction.
- 9.19 Joined with Ohio Department of Developmental Disabilities Director John Martin to provide opening remarks at the 14th annual National Association of the Dually-Diagnosed conference.
- 9.21 Presented the *Annual Report on Problem Gambling Services SFY 2016-17* to the Ohio Casino Control Commission.
- 9.22 Joined Ohio Medicaid Director John McCarthy to provide testimony on Behavioral Health Re-Design before the Joint Medicaid Oversight Committee.
- 9.23 Presented a Governor's Proclamation for Recovery Month at the Ohio Rally for Recovery.
- 9.26 Visited Healing Hearts in Mansfield to participate in local Recovery Month Celebration.
- 9.29 Provided opening remarks at the Fairfield County Recovery Conference in Lancaster.

## PreventionFirst! Featured in CADCA's National Coalitions in Action Resource

PreventionFirst!, formerly the Coalition for a Drug-Free Greater Cincinnati, was recognized this month by Community Anti-Drug Coalitions of America (CADCA) for its outstanding work in the area of underage and high-risk drinking prevention.

Prevention First! has taken a comprehensive approach to tackle the problem of underage drinking, which includes engaging youth through a social norms campaign, a Red Ribbon Week Youth-led Summit, a Youth Leadership Institute and Youth Volunteer of the Year awards. As a sub-recipient of Ohio's Strategic Prevention Framework— State Incentive Grant, the coalition targeted 18-25 year olds and

high-risk drinking. The coalition partners with the Ohio Department of Public Safety's Ohio Investigative Unit, which provides seller-server training to retail operations and events, including festivals. The coalition has also created a toolkit that provides guidance on how to effectively collaborate with festival planners on creating events that are healthy for everyone.



**PreventionFIRST!**  
GUIDING COMMUNITIES TO A VIBRANT FUTURE

In addition, PreventionFIRST! has used local grant funds to integrate the practice of Screening, Brief Intervention and Referral to Treatment (SBIRT) into the region's school systems. While SBIRT is typically implemented in hospitals, community health centers, emergency departments and workplace wellness programs, PreventionFIRST! piloted SBIRT as part of grades 6-9 scoliosis screenings.

The coalition's work is paying huge dividends. PreventionFirst! started tracking alcohol abuse in 2000, and has successfully reduced use among 7-12th graders by 46 percent (source: 2016 PreventionFIRST! Student Drug Use Survey).

"Even though our issues are not solely on alcohol, we never lose sight of underage drinking and its potential impact on our communities' youth," said PreventionFirst! Executive Director Mary Haag. "About 80 percent of heroin abuse in our area originates from opioid abuse, and 80 percent of opioid abuse is preceded by marijuana and alcohol abuse. Misuse of one substance impacts abuse of another, and, in some cases, it starts with alcohol — never forget that."

Click [HERE](#) to read the full CADCA *Coalitions in Action: PreventionFirst! Keeps its Eye on Underage Drinking* article.



## Hancock County Peer-Led Recovery Center Earns National Accolade for Advocacy Efforts

Focus on Friends, a Findlay-area peer-led recovery center, has been honored by the Substance Abuse and Mental Health Services Administration (SAMHSA) for its exemplary *Recovery Month* efforts.

**Focus on Friends** serves individuals in recovery from mental illness, substance abuse, trauma and related issues. Last fall, the nonprofit organization partnered with the Hancock County Board of Alcohol, Drug Addiction and Mental Health Services and others to coordinate the Findlay area's first walk/run in celebration of Recovery Month.

The event drew a robust crowd of persons in recovery, family supporters, providers, advocates and the general public.

A panel of judges selected Focus on Friends from a nationwide pool of applicants as the winner in the Rally and Walk/Run category of SAMHSA's *Recovery Month Annual Event Award Program*.



*Pictured (l-r): Kimberly Johnson, Ph.D., director of the SAMHSA Center for Substance Abuse Treatment, Wayne Ford, executive director of Focus on Friends and Pablo del Vecchio, director of the SAMHSA Center for Mental Health Services, pose for a photo at the 2016 Recovery Month Awards luncheon held Sept. 8 at the National Press Club in Washington, D.C.*

Focus on Friends' Executive Director Wayne Ford accepted the award at the 2016 Recovery Month luncheon held earlier this month in Washington, D.C..

Looking to build upon last year's successes, the group held its second annual Recovery March on Sept. 10, and hosted a Recovery Picnic on Sept. 18.

## NKRC Breaks Ground on Women's Recovery Project

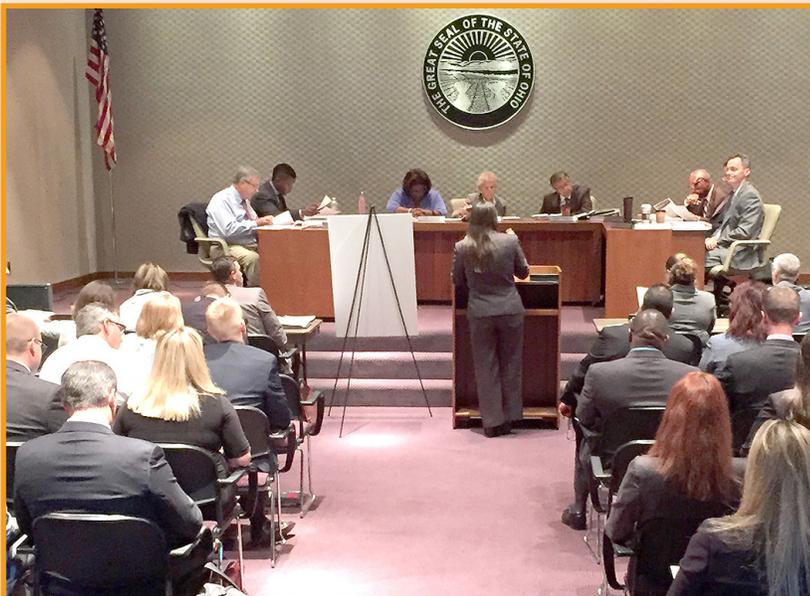
The Neil Kennedy Recovery Center (NKRC) **broke ground** Sept. 20 on a 12-bed, women's supportive housing facility. Named after local physicians, the \$380,000 *Pugh, Cinelli, Wang and Gerberry House* is NKRC's fourth temporary residential housing unit for individuals in the early stages of recovery from substance abuse. The project is being aided by a \$150,000 capital investment from OhioMHAS, and contributions from the Mahoning County Mental Health and Addiction Services Board, the J. Ford Crandall Memorial Foundation and an anonymous donor.

"Every day we hear about the devastation the drug addiction epidemic is causing individuals and families ... [This project] demonstrates that, in



the face of adversity, the generosity of the human

spirit allows hope to rise," said Carolyn Givens, executive vice president of the Neil Kennedy Recovery Centers. The facility is expected to be completed by April 2017.



## Director Plouck Provides Update on Ohio's Problem Gambling Efforts

OhioMHAS Director Tracy Plouck recently presented the ***Annual Report on Problem Gambling Services SFY 2016-17*** to the Ohio Casino Control Commission. The report highlights progress made in the past year to build capacity for screening and treating of Ohioans who may have a gambling disorder.

In SFY 2016, 44,000 individuals were screened and more than 1,000 were treated for problems with gambling. The state also saw growth in awareness and understanding toward the prevention of problem gambling due to work being done locally with school-based and community-focused prevention, including broad dissemination of the ***Be the 95% awareness campaign***.

## Five-Year, \$1.8M SPF Rx Grant to Help Strengthen Ohio's Prescription Drug Prevention Efforts



Efforts to promote prescription drug abuse prevention, especially in rural and Appalachian communities, are getting a boost thanks to a five-year, \$1.8 million (\$371,616 annually) [Strategic Prevention Framework for Prescription Drugs Grant](#) from the Substance Abuse and Mental Health Services Administration.

Ohio's SPF Rx initiative will raise awareness about the dangers of prescription drug misuse, educate pharmaceutical and medical communities on the risks of overprescribing and increase utilization of the state's prescription monitoring program — the Ohio Automated Rx Reporting System (OARRS).

Ohio's SPF Rx is aligned with [Ohio's SPF-Partnership for Success \(PFS\) grant](#) and focuses on rural and Appalachian communities, which are in high need and/or have lower capacity to combat prescription drug misuse. An estimated

23 percent (3.1 million) of Ohio's 11.5 million residents live in these underserved areas.

According to the Ohio State Board of Pharmacy, the total number of Ohioans prescribed opiates annually ranged from 2.6 million in 2008 to a high of 3.1 million in 2012. The introduction of three sets of prescribing guidelines and other concentrated efforts to educate Ohio's medical community helped to reduce that number to 2.7 million in 2015.

Grant objectives include:

- ▶ Developing a comprehensive, five-year plan to strategically address the issue of prescription drug misuse in high-need communities
- ▶ Assessing current use of OARRS and its components
- ▶ Enhancing existing infrastructure to support prescription drug prevention efforts

The number of individuals served during the project lifetime will depend on the focus of the strategic plan and identified community strategies.

## ATP Expanded to Eight New Counties

As part of Ohio's continued focus on fighting opioid addiction, OhioMHAS this month announced the [expansion](#) of the Addiction Treatment Program (ATP) to certified drug courts in eight new counties: Butler, Clermont, Lake, Lorain, Lucas, Mahoning, Stark and Trumbull.

The ATP initiative fosters collaborative relationships between local behavioral health treatment providers and Supreme Court of Ohio-certified drug courts. The program provides addiction treatment — including Medication-Assisted Treatment (MAT) — and other recovery supports.

ATP originally started as a pilot program and expanded to serve a total of 14 counties in SFY 2016. The program has shown [positive results](#) in terms of reducing recidivism and helping participants find both employment and stable housing. Click [HERE](#) for more information about the program.

## Stark County Awarded \$4M System of Care Expansion and Sustainability Grant

Stark County Mental Health & Addiction Recovery (StarkMHAR) has been awarded a four-year, \$4 million System of Care (SOC) Expansion and Sustainability grant from the Substance Abuse and Mental Health Services Administration.



STARK COUNTY  
Mental Health &  
Addiction Recovery

Funding will be utilized to improve behavioral health outcomes for

youth ages 11-21 and families with significant functional challenges in their home, school or community.

According to a [Board press announcement](#), the project will build upon cross-system partnerships (including the full participation of families and youth) and create a broad integrated process across all of the community's child- and youth-serving systems to achieve positive health outcomes for children, youth and families. Local partners include: Stark County Family Court, Stark County Board of Developmental Disabilities, Stark County Department of Job & Family Services and the Stark County Educational Service Center. Grant operations will begin Oct. 1.

## Mahoning County Initiative Seeks to Recruit, Train Bilingual Counselors

Citing a local need for more Spanish-speaking counselors, the Mahoning County Mental Health and Recovery Board has partnered with Flying High, Inc., to sponsor a bilingual training series for addiction treatment professionals.

The Chemical Dependency Counselor Assistant Bilingual Training Series consists of 40 classroom hours covering eight content areas. The partnership seeks to recruit and train 15 bilingual counselors to better engage the county's growing Hispanic and Latino communities. To be eligible, participants have to have knowledge of alcohol and other drug addiction, speak English and a second language fluently, and commit to attend five training sessions.



## Stepping Stones Celebrates 200 Recovery Babies

In the fight for recovery, there is no greater success than healthy babies born to mothers in addiction treatment who are working to get their lives back on track.

Since 2009, there have been more than 200 healthy, recovery babies born to mothers at The Counseling Center Inc.'s [Stepping Stones program](#) in Scioto County.

Stepping Stones offers supportive recovery housing and is designed to encourage pregnant women and mothers with children (ages 12 and under) to bring their children with them to treatment. Pregnant women receive prenatal care, education and assistance in caring for their newborn after they give birth. The program connects clients to a board-certified obstetrician and gynecologist, as well as medication-assisted withdrawal and detoxification services. Mothers also have access to individual counseling and group therapy, aftercare support and more.

Volunteers and community members celebrated the special milestone by decorating a float and marching in the Portsmouth *River Days Festival* parade held Labor Day weekend.



*Kathy Newman and her son Jaxon march in the River Days Festival parade.*

## Ashtabula County Supported-Employment Program Earns Honor

The Community Counseling Center (CCC) received the [Growth Partnership of Ashtabula County's Best of the County](#) award for "Workforce Innovation" this month for its Supported Employment program.

CCC's [Supported Employment program](#) serves adults who are in their personal journeys of mental health recovery who have expressed a desire and/or motivation to either return to work or work for the first time. Employment specialists assist clients in finding jobs that match their interests. Jobs are identified not by a list of job openings, but rather are tailored according to each client's stated preferences, strengths, skills and interests.

The program has received funding support from the Ashtabula County Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board for each of the past two fiscal years.

"We wanted to develop a recovery support project that would do more than just help clients get by — we wanted to help them get ahead and live their lives to their fullest potential," said Miriam Walton, ADAMHS Board executive director. "We are proud of the work the CCC staff has put into making this program a success, and look forward to seeing it thrive as a valuable recovery support."

In addition to contributing to economic development and individual recovery, the program also tears down barriers.

"By employing people in recovery, employers become ambassadors to supporting and engaging the community in recovery, helping to eradicate the stigma that still exists for this population," CCC Clinical Supervisor Ginger Yanchar said.



## Seneca, Sandusky, Wyandot Board Hosts Peer Support Training

The Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot Counties recently hosted a peer support training in Tiffin for individuals interested in becoming Ohio Certified Peer Supporters. The training provided individuals with experience of recovery from addiction to alcohol or other drugs or mental illness the necessary tools to help others on their path to recovery. Six individuals completed the course, which included 40 hours of classroom learning and 16 hours of online training. *Pictured (l-r): Jason Sprenger, Andrew Garza, Mike Artino, Beth Young, MHRs Board Executive Director Mircea Handru, Koriann Evans, Jessie Underwood, Denny Wilson (instructor), and Tony Burnette (instructor).*

## Ohio Working to Prevent Veteran Suicide

In recognition of September as *National Suicide Prevention Awareness Month*, the Ohio Department of Veterans Services (ODVS) partnered with OhioMHAS and the Ohio National Guard to solicit help from media throughout the state to draw attention to the **warning signs** and **resources** available to prevent suicide among veterans and military members.

ODVS developed a 60-second PSA **Know the Signs of Suicide**, featuring retired Ross County Common Pleas Judge Jhan Corzine, whose son, Holden, died by suicide in April.

ODVS also promoted the hashtag #HelpOhioHeroes and encouraged Ohioans to visit [OhioVets.gov/HelpOhioHeroes](http://OhioVets.gov/HelpOhioHeroes).

A recent study by the U.S. Department of Veterans Affairs found an average of 20 former U.S. service members take their own lives every day. That study also determined that veterans accounted for 18 percent of all deaths from suicide among U.S. adults.

In Ohio, **Star Behavioral Health** has been training community providers on the military experience so they have a better understanding how to treat those with combat-related trauma. The goal is to have trained community treatment providers in all 88 counties accessible to Ohio's 850,000-member veteran community.



*Retired Ross County Common Pleas Judge Jhan Corzine holds a picture of his son, Holden, in a PSA that encourages veterans and their families to reach out for help.*

**Ohio Cares** is a collaboration of state and local agencies supporting the behavioral health of current active Ohio National Guard personnel and their families, and includes a non-emergency resource information line at 1-800-761-0868.



**YOUTH COUNCIL MEMBERS:** Bottom Row (l-r): Lindsey Fetherolf (Union), Jordyn Houk (Union), Delaney Monroe (Summit), Caitlyn Robinson (Franklin), Colleen Schwartz (Coshocton), Katie Leitz (Coshocton), Lauren Galloway (Marion), Roshan Kumar (Union). Middle Row (l-r): Caylee Creeger (Marion), Sahana Jayaraman (Delaware), Jessica Kaufman (Wood), Hannah Breedlove (Hamilton), Jake Hite (Delaware), Taylor Saap (Delaware). Top Row (l-r): Colton Morton (Ross), Dylan Harsh (Coshocton), Dajue Newell (Allen), Andrew Colston (Sandusky), Connor Reilly (Delaware), Katie Fletcher (Fulton). Not pictured: Deanna Mcpeek (Hamilton), Kiana Locke (Franklin), Meghan Murphy (Allen) and Tarshawna Sawyer (Cuyahoga).

## OYLPN Youth Council Holds Annual Leadership Retreat

The Ohio Youth-Led Prevention Network (**OYLPN**) Youth Council recently held its annual retreat at the Kirkmont Center in Zanesfield.

The OYLPN Youth Council retreat, along with future meetings, are structured within the **Youth Empowerment Conceptual Framework** and engages members in the SAMHSA **Strategic Prevention Framework** by increasing member knowledge, skills and abilities while empowering them to create social change at the state and local levels. Youth Council members began reviewing and updating their strategic plan for the upcoming year and formed a foundation of friendships within the group.

"This retreat was a great experience for everyone involved," said Delaney Monroe of Summit County. "We got to meet other kids with our same interests and discussed ways to make a difference throughout our state."

"We planned out our year while bonding as a group," she added. "I can easily say it was a weekend I will always remember and I will keep implementing all these skills that I have learned throughout this year and my life."

## News & Research Roundup

### DEA Warns Public and Law Enforcement About Risks of Carfentanil

The Drug Enforcement Administration (DEA) has issued a [warning](#) to the public and law enforcement about the risks of the synthetic opioid carfentanil, a drug 10,000 times more potent than morphine and 100 times more potent than fentanyl. Carfentanil is a Schedule II substance under the Controlled Substances Act and is used as a tranquilizing agent for elephants and other large mammals. DEA, local law enforcement and first responders have recently seen the presence of carfentanil, which has been linked to a significant number of overdose deaths in various parts of the country. Improper handling of carfentanil, as well as fentanyl and other fentanyl-related compounds, has had deadly consequences.



### CDC: Large Jump in Seized Drugs that Test Positive for Fentanyl

The Centers for Disease Control and Prevention (CDC) recently reported a 426 percent increase in seized drugs that tested positive for fentanyl between 2013 and 2014. The number of deaths involving fentanyl and other synthetic opioids increased 79 percent during that period. The CDC analyzed data from 27 states and found a strong link between increases in synthetic opioid deaths and seized fentanyl products, but not with changes in fentanyl prescribing. The findings suggest that illegally made fentanyl is behind the increase in overdoses, according to the CDC's [Morbidity and Mortality Weekly Report](#). The fentanyl that is being mixed with heroin and sold on the streets is being illicitly manufactured, the CDC noted.

### National Media Campaign Targets Opioid Addiction

The National Association of Broadcasters has joined with the Partnership for Drug-Free Kids to bring the issue of prescription painkiller abuse to the public. Opioid addiction is ravaging communities throughout the country, with more Americans dying from drug overdoses than from car crashes. Local radio and television broadcasters are well-positioned to increase awareness of this epidemic and provide resources to communities. NAB public-service announcements will run for 18 months on TV and radio stations nationwide to raise awareness of the opioid addiction crisis. Click [HERE](#) for more information.

### FDA Amplifies Warnings About Risk of Combining Opioids and Benzodiazepines

The Food and Drug Administration (FDA) has stepped up warnings about the dangers of combining opioid painkillers with benzodiazepine sedatives. According to a [media release](#), the agency is requiring new warnings on labels for opioids such as oxycodone, hydrocodone and morphine, as well as for benzodiazepines such as alprazolam and diazepam. Xanax is a commonly used benzodiazepine. A total of 389 drugs are covered by the new warnings.

### Introducing the Family Resource Center — Trusted Resources for Parents and Caregivers

The [Treatment Research Institute](#) (TRI) has launched a new [Family Resource Center website](#), a compilation of the best-known and recognized national resources to help parents and loved ones prevent drug or alcohol use, intervene early, find treatment, and support adolescents and young adults in addiction recovery. Included resources are backed by various degrees of scientific support and represent those that come from the most notable, national sources, including the [National Institute on Drug Abuse](#), the [National Center on Addiction and Substance Abuse](#), [Partnership for Drug-Free Kids](#) and [Hazelden Betty Ford Foundation](#). By organizing and vetting these resources, the Treatment Research Institute hopes to relieve families of the burden of sorting and evaluating information themselves.



### FDA Issues Warning letters to Stores, Websites Selling E-Cigarettes to Minors

The Food and Drug Administration (FDA) has [issued warning letters](#) to websites and retailers of e-cigarettes and cigars for illegally selling e-cigarettes to minors. The agency banned e-cigarette sales to anyone under 18 years old earlier this year. The websites and stores must respond in 15 days with an explanation of how they plan to prevent future underage sales, or risk being fined \$275.

### Study: Prescription Opioid Overdose, Abuse and Dependence Costs \$78.5 Billion Annually

A new study from the [National Center for Injury Prevention and Control](#) estimates prescription opioid overdose, abuse and dependence costs \$78.5 billion annually in the United States. The researchers noted that health care accounts for about one-third of costs attributable to the prescription opioid epidemic. An additional one-fourth of costs are borne by the public sector, according to an article published in the journal [Medical Care](#). Those costs include public insurance (Medicaid, Medicare and veterans' programs), as well as other government sources for addiction treatment. State and local governments also pay \$7.7 billion annually in criminal justice costs related to the opioid epidemic, the researchers said.

## News & Research Roundup, cont.



### NSDUH: Almost 19 Million Americans Misused Prescription Drugs Last Year

The latest *National Survey on Drug Use and Health* (NSDUH) finds 18.9 million people ages 12 and older — 7.1 percent — misused prescription drugs such as pain relievers, tranquilizers, stimulants and sedatives last year. The survey found 45 percent of Americans take one or more of these drugs. Most people who misused prescription drugs obtained them from friends and family, the survey found. More than one-third had their own prescription, but took more drugs than prescribed.

### Teens Sought to Participate in Evaluation of New Relapse Prevention Tool

The National Institute on Drug Abuse has funded a project to create an innovative relapse prevention tool called Arise, an online coping skills training program to help adolescents who have completed substance abuse treatment continue with supportive aftercare to help prevent relapse. 3C Institute is *seeking teens and young adults* (ages 13-19) who have completed substance abuse treatment in the past three months to review the Arise computer program. For more information, please contact Kelly Kocher, research assistant, at [kocher@3cisd.com](mailto:kocher@3cisd.com) or call 919.677.0102 ext. 513.

### Now Available: SAMHSA Public-Use Data Analysis System

The Substance Abuse and Mental Health Data Archive (SAMHDA) has launched a newly redesigned *Public-Use Data Analysis System* (PDAS). This online analysis tool allows users to review study variables, run crosstab analyses, perform logistic regressions and download the results of any analysis to CSV format. Explore the spectrum of available public-use files and try out the new PDAS tool by visiting SAMHSA's website and selecting the "Analyze" tab.



### Teens With Bipolar Disorder at Increased Risk of Substance Use Disorder

Teens with bipolar disorder are at increased risk of substance use disorder as they get older, a *study* by researchers at Massachusetts General Hospital has found. Of the 105 young people with bipolar disorder in the study, 34 percent also had a substance use disorder. Of the 98 teens without bipolar disorder, only 4 percent had a substance use disorder. After five years, researchers followed up with 68 of the bipolar patients and 81 of those without the disorder. Almost half of those with bipolar disorder also had a substance use disorder, compared with 26 percent of those without bipolar disorder. The findings are published in the *Journal of Clinical Psychiatry*.

### Mental Health America Infographics

Mental Health America has released a new series of infographics depicting the risks and effects of smoking and mental illness. The infographics explore *how smoking and mental illness are related*, as well as *the case for quitting*. For questions, contact Danielle Fritze at [dfritze@mentalhealthamerica.net](mailto:dfritze@mentalhealthamerica.net).

### Participants Sought for Focus Groups on Tardive Dyskinesia

Mental Health America is conducting focus groups to learn about the challenges faced by people living with *Tardive Dyskinesia*. Participants will receive a \$250 honorarium for their time. To learn more or participate in a focus group, contact Patrick Hendry at [phendry@mentalhealthamerica.net](mailto:phendry@mentalhealthamerica.net).

### Youth Internet Addiction Spurs Mental Health Problems

Youth spending excessive time on the internet are more likely to suffer from mental health problems including anxiety, inattention, depression, executive functioning issues, impulsiveness and ADHD. Researchers at McMaster University in Canada included 254 students for their *study* on the effects of internet and social media use in university-age individuals. For the purpose of the study, the investigators used the Internet Addiction Test (IAT) developed and used since 1998 and also a new testing scale they designed on their own. Out of 254 students, about 55.8 percent of students found it difficult to control their practice of video streaming, 47.9 percent couldn't stay away from using social media and 28.5 percent were obsessed with instant messaging tools. Researchers found that 42.1 percent of the students had mental health issues due to excessive internet use.





## 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:

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

Nov. 2 — [Assertive Community Treatment: Making the Case and Getting Started \(Cleveland\)](#)

Nov. 3 — [Assertive Community Treatment: Making the Case and Getting Started \(Columbus\)](#)

Nov. 29 — [Assertive Community Treatment: Making the Case and Getting Started \(Mentor\)](#)

Dec. 7 — [Assertive Community Treatment: Making the Case and Getting Started \(Athens\)](#)

Dec. 8 — [Assertive Community Treatment: Making the Case and Getting Started \(Cincinnati\)](#)

### NASW Trainings for Social Workers

The National Association of Social Workers (NASW) supports and advocates for social workers. The organization helps to inform policy and follow workforce trends, ensuring social workers can meet increasing demands in mental health and addiction systems of care. This year NASW is offering quality, affordable continuing education around the state, including supervision certification programs, combo ethics and supervision seminars, licensure preparation courses and free online workshops, in addition to training on DSM-5 diagnosing for clinicians needing a refresher. Click [HERE](#) for a full course catalog.

### Clinical Practice Change: Coding & Documentation for Behavioral Health Providers — Oct. 3

The Ohio Council, in partnership with OhioMHAS, has scheduled an additional “Clinical Practice Change: Coding & Documentation for Behavioral Health Providers” training to be held on Oct. 3 at the Crowne Plaza Columbus North-Worthington. The training will be presented by Diane E. Zucker, M.Ed., CCS-P. Click [HERE](#) to register.

### Tri-County Board to Host Fall Mental Health First Aid Trainings

The Tri-County Board of Recovery and Mental Health Services is hosting a series of Mental Health First Aid trainings this fall. Upcoming dates and locations include: [Oct. 13 — Troy](#), [Nov. 8 — Greenville](#) and [Dec. 5 — Sidney](#). A Youth Mental Health First Aid course designed for adults who work with young people ages 12-18 will be offered [Nov. 2 in Sidney](#). The eight-hour trainings are open to anyone, including: first responders, students, teachers, leaders of faith communities and human resources professionals. Cost is \$25. For more information, contact [Ridgewai@tcbmds.org](mailto:Ridgewai@tcbmds.org) or call 937.335.7727 ext. 216.

### Buprenorphine Waiver Training — Oct. 15

The Ohio Psychiatric Physicians Association, in collaboration with the Ohio Osteopathic Association and the American Academy of Addiction Psychiatry, will host a training for physicians who are interested in seeking their waiver to prescribe buprenorphine in the treatment of opioid use disorders. To obtain the waiver, prescribers are required to take eight hours of training. This is a “half-and-half training,” which means the first half is taken online and the second half is completed in person. The online portion must be completed before the live course on Oct. 15. Participate in one of three locations: Athens, Cleveland or Dublin (Columbus). This course is free, however, registration is required. Click [HERE](#) for the flier and to register.

### Collaborative Assessment and Management of Suicidality (CAMS) — Oct. 17-18

The Ohio Suicide Prevention Foundation is sponsoring a [Collaborative Assessment and Management of Suicidality \(CAMS\)](#) training to help professionals improve clinical skills in assessing, managing and treating suicidality in at-risk patients. Participants must complete an online training class in CAMS as a prerequisite to the live, in-person, role-play training on Oct. 17-18. Cost is \$45.

### Assessing and Managing Suicide Risk — Oct. 18

The Ohio Suicide Prevention Foundation will host an [Assessing and Managing Suicide Risk \(AMSR\)](#) workshop for behavioral health professionals on assessing suicide risk, planning treatment and managing the ongoing care of the at-risk client on Oct. 18. AMSR teaches essential core competencies that meet the needs of an entire spectrum of behavioral health professionals, including psychiatrists, psychologists, licensed counselors, social workers, chemical dependency professionals and employee-assistance professionals. Cost is \$30. Click [HERE](#) for more information and to register.

## Training Opportunities, cont.

### Ohio Council 2016 Annual Conference & Exhibit Hall — Oct. 20-21

The Ohio Council of Behavioral Health & Family Services Providers will hold its Annual Conference & Exhibit Hall on Oct. 20-21 at the Hilton Columbus/Polaris. Plenary presenters include: Joshua Rubin, principal, Health Management Associates; John McCarthy, director, Ohio Department of Medicaid; Jeff Corzine, UnitedHealthcare; Lisa Hayes, Molina Healthcare; Dr. Hy Kisin, Paramount; Amy Riegel, CareSource; Steve Young, Buckeye; Suzanne Scrutton, Jolie Havens, Victor Walton Jr.; Vorys, Sater, Seymour and Pease LLP. Internationally respected coach and speaker Mike Staver, CEO, The Staver Group will present, "Leadership Isn't for Cowards." Register online at [www.theohiocouncil.org](http://www.theohiocouncil.org) or contact Brenda Cornett at [cornett@theohiocouncil.org](mailto:cornett@theohiocouncil.org) or 614.228.0747.

### The Role of the Church in the Opiate Crisis — Oct. 21

Drug-Free Action Alliance and Cedarville University will host a Faith leaders Conference to examine "The Role of the Church in the Opiate Crisis" on Oct. 21 from 9 a.m.-3 p.m. at the Cedarville University Stevens Student Center. Cost, which includes lunch, is \$10. Click [HERE](#) to register. For more information, email [mruetsch@drugfreeactionalliance.org](mailto:mruetsch@drugfreeactionalliance.org).

### 2016 Health Educators Institute — Oct. 21-22

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

### Specialized Dockets Annual Conference — Oct. 27-28

The Supreme Court of Ohio will host its *Specialized Dockets Annual Conference* Oct. 27-28 at the Ohio Union on the campus of The Ohio State University. The conference will offer national speakers and breakout sessions on a wide range of topics pertinent to specialized docket programs. Cost is \$50. Deadline to [register](#) is Oct. 20. Questions? Please contact [Sarah.Jeu@sc.ohio.gov](mailto:Sarah.Jeu@sc.ohio.gov) or call 614.387.9430.

### Foundations in Disordered Gambling Stage 1 Training — Oct. 27-28

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

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

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

### Fourth Annual HOME Choice Conference — Nov. 1

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

### Montgomery County Problem Gambling Symposium — Nov. 1

Register today to attend the Montgomery County Problem Gambling Symposium [Problem Gambling: It's Preventable, Identifiable and Treatable](#) slated for Nov. 1 at the Top of the Market Banquet Facility in Dayton. This free training features several nationally known problem gambling prevention/treatment speakers, along with a panel discussion by local providers discussing their problem gambling prevention efforts. Registration includes CEUs, breakfast and lunch.

### Annual Forensic Conference — Nov. 3

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

## Training Opportunities, cont.

### Save the Date! 13th All-Ohio Institute on Community Psychiatry — March 24-27, 2017

OhioMHAS, in partnership with Northwest Ohio Medical University and University Hospitals — Case Medical Center, will present the 13th All-Ohio Institute on Community Psychiatry March 24-25, 2017, at the Crowne Plaza, North Dublin. Continuing education credits will be provided for psychiatrists, social workers, psychologists, nurses and counselors. Registration information will be available in January 2017. For more information, call 330.325.6460 or email [cpd@neomed.edu](mailto:cpd@neomed.edu).

### Save the Date! 2017 We Are The Majority Rally — April 20

The Ohio Youth Led Prevention Network will host its sixth annual *We Are the Majority Concert, Resiliency Ring, and Rally* on April 20, 2017, at Genoa Park in downtown Columbus. Students will have opportunities to learn the importance of living a positive, healthy lifestyle and to march to the Ohio Statehouse to let their voices on this important issue be heard. This event is open to all Ohio middle and high school students. Registration will open online in January 2017.



**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.