Counties Awarded Funding to Help Prevent Underage Drinking, Reduce Prescription Drug Misuse Among Youth and Young Adults

The Ohio Department of Mental Health and Addiction Services (OhioMHAS) awarded funding to nine counties to help prevent underage drinking and reduce prescription drug misuse among youth and young adults. Champaign, Coshocton, Hardin, Holmes, Mercer, Seneca, Tuscarawas, Warren and Wayne counties will each receive $80,000 to implement Ohio's Strategic Prevention Framework-Partnership for Success (SPF-PFS) initiative.

Ohio's SPF-PFS initiative is a five-year grant awarded by the Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Prevention (SAMHSA/CSAP) and administered by OhioMHAS. Sub-grantees will be expected to establish community stakeholder teams to select evidence-based programs, practices, policies and strategies that address the prevention or reduction of consequences of underage drinking for persons aged 12 to 20, and the reduction of prescription drug misuse and abuse among persons aged 12 to 25.

“Ohio's SPF will help build an integrated public health infrastructure that more efficiently leverages prevention resources to support the alignment of prevention priorities from multiple systems at the community and state levels,” OhioMHAS Director Tracy Plouck said.

“This initiative will enhance the capacity of the local community infrastructure by developing workforce capacity, which will lead to an increased use of evidence-based programs, practices, policies, and strategies to ensure that Ohio’s rural and Appalachian populations have equitable access to culturally competent prevention services.”

Grant funds may be renewable for up to two additional years, dependent on the availability of federal funds and on demonstrated progress toward outcomes. Learn more about Ohio's SPF-PFS initiative at: www.pfs.ohio.gov.

Young Mother: Cincinnati-Area Women’s Treatment Program Saved My Life

While heroin and other opioids continue to have a vice grip hold on towns and families throughout America, one young Cincinnati mother wants others to know that she is living proof that treatment works, people can and do recover. In fact, Lindsy D. credits First Step Home in Cincinnati with saving not only her life, but that of her 1-year-old daughter Summer.

“Had it not been for all the people at First Step Home, my baby and I would be dead,” Lindsy said. “I have been shown love here. I have been able to do things I never thought I could. I have a great relationship with my family again; I’m confident; and I know that as long as I take life one day at a time, anything is possible.”

Lindsy’s journey to wellness was made possible by First Step Home’s M.O.M.S. (Maternal Opiate Medical Support) project, which assists in providing pregnant, addicted women safer, healthier pregnancies and outcomes. First Step Home’s MOMS Program provides access to health care and neonatal care, oversight for medication-assisted treatment, behavioral health services, breastfeeding and baby care basics, family support groups, parenting classes, trauma-informed services, on-site child care, case management services and group and individual counseling.

As a part of achieving ‘best practices’ for MOMS Program clients, First Step Home delivers individual case planning with client involvement in the treatment design that includes engaging the family, reuniting the family and individualized treatment. First Step Home’s policy of family engagement includes a ‘family night’ every Tuesday, where members of the family, spouses and significant others are invited for dinner. A licensed clinician provides education and the supper is

(Continued on Page 5)
A brief recap of some of Dir. Plouck’s public activities this month:

10.5-7 Attended Board of Directors meeting for the Council of State Governments Justice Center in Chicago.

10.14 Met with local officials in Butler and Montgomery counties to discuss collaboration around the opiate epidemic.

10.19 Participated in a panel discussion at the Center for Evidence-Based Practices Conference in Cleveland to discuss behavioral health redesign.

10.20 Provided remarks at the Union County Mental Health and Recovery Board annual meeting.

10.26 Met with local officials in Clermont County to discuss collaboration around the opiate epidemic.

Richland County Breaks Ground on Transitional Age Youth Apartments

In late September, Richland County officials gathered to break ground on an eight-unit, 6,500 square-foot apartment complex for transitional aged youth. The complex will serve young people aged 18-24. Tenants, who will be able to live rent-free for the first 90 days, will learn skills that they may not have gained during their childhood. The project will fill a big gap in local services.

“This has easily been seven years in the making and we’re pretty excited to see it actually come to fruition,” said Joe Trolian, executive director of the Richland County Mental Health and Recovery Services Board. “We wanted to be able to come up with a space where we could teach individuals all those transitional age skills that most of us were taught by our parents.”

The project is estimated to cost around $1 million, which will be paid for by a $500,000 state grant and $500,000 in local funds from the Board. Officials hope to complete the project by May.
Twin Valley Behavioral Healthcare was recognized by the National Alliance on Mental Illness (NAMI) of Franklin County at the group’s 29th Annual Meeting and Awards Dinner held Oct. 13.

NAMI Franklin County Executive Director Rachelle Martin presented the organization’s Spirit of S.R. Thorward Leader’s Award to TVBH “for focusing on patient-centered treatment in a compassionate manner.” TVBH was also honored for its support of the 2016 NAMIWalks fundraiser event. Hospital staff, patients, family and friends teamed up to raise more than $2,200 in donations to help support NAMI Franklin County’s year-round classes, support groups, referral services and advocacy work.
I was in the town of Logan, Ohio, last week, at the tail end of my speaking tour through Ohio, West Virginia, Kentucky and Indiana. Logan, pop. 7,000, is an Appalachian coal town in the county of Hocking, about 40 miles southeast of Columbus in the farmland off of state Highway 33.

The morning after my talk, I spent an hour in the town’s drug court, which is now dedicated entirely to people with opiate addictions trying to expunge criminal records and keep their recovery going.

The court is run by Judge Fred Moses, who in this court looks and sounds more like a social worker. He asks each client about his or her recovery, job prospects, children — confers with prosecutors and probation and social workers. The idea behind drug court is that clients must get into addiction recovery, begin to repair their lives, before any record expunging takes place.

What struck me was, first, that there was such a court at all in a town like Logan. And then that all the 10 or so clients I met that day were addicted to opiates, heroin mostly. All but one started into addiction on pain pills. A few began using them after they were prescribed the pills for some medical reason. Others began using them recreationally. But all of them got into their addiction because of the pervasive, massive supply of these pills that were, and are, available.

In Logan, according to a recovering addict I spoke with (whose interview I’ll post later), pain pills and benzodiazepines, and the insistence with which clients demand them, have made docs unimaginative it seems. At least, pills appear to be many physicians’ immediate go-to response.

Judge Moses has most of his clients on Vivitrol, the opiate blocker, paid for by Medicaid, which, in Ohio, has been available to anyone since 2014. This is due to a Republican governor, John Kasich, who expanded coverage to all Ohioans, largely, from what I understand, to give people without insurance access to addiction treatment — so big was the state’s problem.

Without that, Vivitrol would be too expensive for Hocking County. Sitting there that day, I wondered if at some point every heroin addict in America will have to be on Vivitrol.

I wish his clients well, as I do the town of Logan itself, where I met a lot of nice people, and which now must battle this kind of persistent, costly addiction along with all the other issues facing small-town, rural America.

Sam Quinones is a journalist, storyteller, former L.A. Times reporter, and author of three acclaimed books, including *Dreamland: The True Tale of America’s Opiate Epidemic*. City of Logan Mayor Greg Fraunfelter presented a proclamation to Quinones for his work to shine light on the nation’s opiate epidemic.
a prerequisite for visitations on the weekends, promoting a safe, sober environment for families to reunify.

Every month pregnant, addicted women come to First Step Home, with referrals from court, from jail and from within the community and the Internet. Other women come from trauma-filled experiences, homelessness and abusive relationships, needing substance use disorder treatment and housing for themselves and their children, up to the age of twelve.

“First Step Home supports women without judgment or preconditions, other than that they remain sober, or within the guidelines of medication assisted treatment protocols, while they are in treatment,” said First Step’s Director of Development Rachel Lyon.

First Step Home was founded in 1993 in a single facility and the organization now has 12 buildings, including 16 residential beds and 67 additional transitional housing treatment beds. The agency serves around 400 women each year.

“We provide a campus-like environment surrounding our main treatment facility within a three-block radius, providing a safe, affordable, healthy home environment for women, together with their children, early in sobriety,” Lyon explained.

For Lindsay, it was the perfect way for her to leave behind a life of addiction and crime.

“As a teenager, I always thought drinking and doing drugs was ‘cool,’” she said. “For a long time, drugs and the lifestyle that went along with it was pretty manageable...until I was 24 and in jail for theft. I stole from friends, family and employers. It had all caught up with me.”

Lindsay’s judge sentenced her to 120 days of intensive outpatient treatment. She continued to use, and after a half-dozen probation violations, the judge leveled with Lindsay and told her she had a choice: prison or treatment. Lindsay chose the latter, but fell back into old habits after completing a five month program. Her friends introduced her to a heroin dealer, and that’s where things quickly spiraled out of control. Lindsay ran up such a huge tab that she had to sign over a vehicle as payment. Around this time, she met the father of her daughter.

“No matter how hard I tried to stop shooting heroin, I couldn’t,” she said. The baby’s father left Lindsay, and she turned to prostitution to help feed her habit and pay bills. “I did that until the shame, hurt and embarrassment were just too much to bear...I called my parents and begged them to find me help. I was tired of living that way and tired of fighting. Not to mention the guilt I carried because I was pregnant,” Lindsay said.

Lindsay’s parents took her to Good Samaritan Hospital where she first learned about First Step Home. “It was there where I learned why I used and what to do to stop and live a successful life as a loving, drug-free mother,” Lindsay said. Thanks to the MOMS program, Lindsay maintained custody of her daughter Summer throughout. She’s adapting to her new life in recovery and has enrolled in college to pursue a career in broadcasting.

“My daughter has a mother because FSH opened its doors to me,” Lindsay said. “(First Step Home) saved our lives!”

OhioMHAS has awarded funding to support 18 Drug-Free Workforce Community projects that create partnerships with local employers to increase job opportunities for individuals with a severe and persistent mental illness and/or substance use disorder, and reduce the number of positive employee drug screens.

The following county Alcohol, Drug Addiction and Mental Health Services boards will each receive $20,000 for SFY 2017: Butler, Clark-Greene-Madison, Clermont, Columbiana, Fairfield, Geauga, Hamilton, Licking-Knox, Logan-Champaign, Mahoning, Marion-Crawford, Montgomery, Muskingum Area, Paint Valley, Putnam, Trumbull and Wood.

The Drug-Free Workforce Community Initiative (DFWCI) is a public-private partnership between the State of Ohio and Working Partners® to address the economic threat of substance abuse by employees and job seekers in our state. The funding will enable OhioMHAS and county Alcohol, Drug Addiction and Mental Health Services boards to assist job seekers in finding employment, assist businesses in implementing drug-free workforce policies, provide support to individuals who are currently employed who have a positive drug screen, and connect employers to trained and drug-free workers.

The collaborative effort will include partners such as Job and Family Services, Ohio Means Jobs, Opportunities for Ohioans with Disabilities, Chamber of Commerce, health departments and Re-Entry Coalitions.

Karen Pierce of Working Partners® presents the Board grantees with an overview of strategies that will be used to engage employers during an Oct. 28 kickoff meeting at Elford Construction.
Sojourner Recovery Opens New Women’s Residential Facility in Preble County

Sojourner Recovery Services of Preble County recently welcomed the public to tour a new women’s residential treatment facility in Eaton. The residence will provide comprehensive services for up to 16 women. Pictured (l-r): Amy Raynes, executive director, Preble County Mental Health and Recovery Services Board; Scott Gehring, president & CEO Sojourner; and Jackie Doodley, women’s recovery coordinator, OhioMHAS.

Trumbull County Board, NAMI Partner to Host Crisis Intervention Training

The Trumbull County Mental Health and Recovery Board and the Ohio Chapter of the National Alliance on Mental Illness (NAMI) sponsored Trumbull County’s 14th Crisis Intervention Team (CIT) training this month for law enforcement officers. Since 2006, more than 180 officers from 28 jurisdictions have completed training in Trumbull County.

News & Research Roundup

DEA Says National Take-Back Event Yields More Than 28,000 Pounds of Unused Meds in Ohio

The Detroit Division of the Drug Enforcement Administration reported that more than 54,200 pounds of unused/unwanted/expired prescription medications were dropped off at collection sites in Ohio, Michigan and Kentucky as part of the latest National Rx Take-Back Day held on Oct. 21. According to the DEA, Ohio sites collected more than 28,200 pounds statewide. The Greater Cleveland area led the way with more than 13,200 pounds collected.

SAMHSA Funding Opportunities

The Substance Abuse and Mental Health Services Administration (SAMHSA) released a number of grant opportunities this month. Click the links below to learn more.

- Garrett Lee Smith Campus Suicide Prevention Grant | SM-17-003 | Deadline: Dec. 7
- System of Care Expansion and Sustainability Cooperative Agreements | SM-17-001 | Deadline: Jan. 3, 2017

Mobile App Will Provide Instant, Vital Information on Medication-Assisted Treatment

SAMHSA recently announced the upcoming launch of MATx, a free mobile app that will provide health care practitioners with immediate access to vital information about medication-assisted treatment (MAT) for opioid use disorder. The app will feature information on FDA-approved medications, a buprenorphine prescribing guide, clinical support tools such as treatment guidelines, ICD-10 coding, etc., and access to helplines and SAMHSA’s treatment locator. Click HERE for more information.

New Tool Makes it Easier to Diagnose FASD

Neuropsychologists at San Diego State University have developed a new tool that could make it easier for doctors to recognize signs that might indicate a Fetal Alcohol Spectrum Disorder (FASD) diagnosis and recommend more precise screening. To help clinicians identify children who might have FASD but lack the telltale physical features, the researchers developed a “decision tree” diagnostic tool. Using this tool, pediatricians or psychologists can start with a child behavior checklist and an IQ test. If children meet certain threshold scores on these tests, they move onto a different behavioral test, followed by a more extensive examination for physical features. Depending on the scores for these various tests, the tool either recommends or doesn’t recommend further evaluation for prenatal alcohol exposure. Read more.
News & Research Roundup, cont.

New Bullying Awareness and Prevention Resource
Bullying is a serious problem that has far-reaching implications for the person being bullied — and for the bully as well. Learn Psychology has developed a bullying awareness and prevention guide packed with information on what bullying is, how it impacts people, and where victims can get help. Separate sections address the various types of bullying, including cyberbullying, as well as bullying prevention and coping strategies. In addition, there is information on the mental health industry’s response to bullying and how psychologists can help victims and perpetrators.

New Federal Rule Helps Finalize Move to Provide More MAT to People with Opioid Disorders
The Substance Abuse and Mental Health Services Administration (SAMHSA) has issued new reporting requirements for physicians who will be authorized to prescribe the opioid use disorder treatment medication buprenorphine at the new limit of 275 patients. The requirements, published on Sept. 27 in the Federal Register, are a key step in increasing access to medication-assisted treatment for opioid-related disorders. Practitioners are eligible to obtain the waiver if they have additional credentialing in addiction medicine or addiction psychiatry from a specialty medical board and/or professional society, or practice in a qualified setting as described in the rule. Under the new rule, physicians prescribing buprenorphine at the maximum patient cap of 275 will be required to complete a SAMHSA reporting form each year. This reporting will help SAMHSA ensure that physicians prescribing at the new higher levels are in compliance with safe and appropriate prescribing practices.

Powerful Heroin Substitute Called “Pink” Being Sold Online
An increasingly popular synthetic opioid known as Pink is being sold online. Four states, including Ohio, have banned the drug, also known as U-47700. Pink is eight times stronger than heroin. The drug, along with other synthetic opioids, is being shipped into the United States from China and other countries. Last month the Drug Enforcement Administration (DEA) gave notice of its intent to classify the drug temporarily as a Schedule I substance under the Controlled Substances Act. The temporary ban gives the DEA three years to research whether the drug should be permanently controlled.

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:
- 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)

Upcoming NAMI Ohio Advocacy Trainings
The National Alliance on Mental Illness (NAMI) Ohio and the Ohio Developmental Disabilities Council are teaming up to host a series of free advocacy trainings. Upcoming trainings include: Toledo (Oct. 31), Cincinnati (Nov. 7) and Columbus (Nov. 18). Learn more and register HERE.

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.

Serving Service Members and Veterans on Campus Webinar — Nov. 4
The Center for Deployment Psychology will host Serving Service Members and Veterans on Campus — an online core competency training for clinicians that addresses the cultural and clinical concerns of student veterans and service members at colleges and universities. This training will be presented online via Adobe Connect teleconferencing software on Nov. 4 from 9 a.m. to 5:30 p.m. Cost is $15. Questions? Contact Micah Norgard at mnorgard@deploymentpsych.org.
Training Opportunities, cont.

3rd Annual Current Concepts in Integrated Health Care Conference — Nov. 5
Northeast Ohio Medical University, in partnership with the Summit County Alcohol, Drug Addiction and Mental Health Services Board, Oriana House and the Ohio Osteopathic Foundation, will present the 3rd Annual Current Concepts in Integrated Health Care Conference Nov. 5 at the Cleveland Clinic Akron General Wellness Center — Bath in Akron. This interprofessional event is designed for physicians, psychologists, pharmacists, nurse practitioners, nurses, physician assistants, social workers, chemical dependency counselors and anyone interested in mental health, substance abuse and addiction. Cost is $50. Click HERE to register.

Military Mental Health Symposium — Nov. 14
The Ohio State University College of Social Work is hosting a free Military Mental Health Symposium on Nov. 14 at the Ohio Union U.S. Bank Conference Theater in Columbus. Hear from a military family and a panel of veterans discussing what social workers and service providers can do to address the seen and unseen challenges facing veterans and their families. For more information, contact Steve David at 614.688.2836 or david.54@osu.edu.

Recovery Housing Resource Meeting — Nov. 15
The next recovery housing resource meeting will be held Nov. 15 from 10 a.m. to 3 p.m. at the Ohio Department of Transportation Auditorium, 1980 W. Broad St., Columbus. The agenda will include an update on OhioMHAS recovery housing initiatives, Community Transition Program, Peer Support Certification, Addiction Treatment program and Ohio Recovery Housing. Questions? Please contact OhioMHAS Housing and Resource Administrator Alisia Clark at 614.644.8428 or Alisia.Clark@mha.ohio.gov.

Ohio Community Health Worker Conference — Nov. 17
Venice Ceballos, manager of Project ECHO at the University of New Mexico Health Sciences Center, will provide keynote remarks at the Ohio Community Health Worker Conference on Nov. 17 at the Columbus Marriott Northwest. The conference is sponsored by the Ohio Department of Medicaid through the MEDTAPP Healthcare Access Initiative. Cost is $40. The deadline for registering is Nov. 7.

Participants Sought: OCAAR Youth Recovery Initiative Needs Assessment — Nov. 19
Ohio Citizen Advocates for Addiction Recovery is looking for young people in recovery (ages 14-26) with at least six months of continuous abstinence from alcohol and other drugs to participate in a needs assessment exercise on Nov. 19 from 9 a.m.-5 p.m. at Twin Valley Behavioral Healthcare. Information gathered will be used to help guide the creation of a statewide advocacy network for young Ohioans in recovery. For more information, call 614.961.0565 or email sthompson@oca-ohio.org.

Trauma-Informed Approach: Key Assumptions and Principles — Nov. 30
OhioMHAS is offering two Trauma Informed Approach: Key Assumptions and Principles trainings for housing and homeless service providers on Nov. 30 at the State Library of Ohio. This training will examine the impact of trauma on marginalized persons and trauma-informed approaches to responding to their needs. Register online using one of the links below. Questions? Contact Kueiting Betts at 614.466.9955.

PLAY Project Intensive Workshop and Certification Training — Dec. 1-2
The Childhood League Center will host a PLAY Project Workshop and Certification Training Dec. 1-2 in Columbus. The PLAY Project is an evidence-based, parent-implemented intervention for young children with autism that emphasizes the importance of empowering caregivers, such as parents and teachers, in building emotional connections with children to support them through stages of development and learning. The program will be facilitated by founder Richard Solomon, M.D., and trainers from the new PLAY Project Center in Ohio. For more information, contact Patricia Klier at patriciak@childhoodleague.org.
Training Opportunities, cont.

Save the Date! 13th All-Ohio Institute on Community Psychiatry — March 24-25, 2017
OhioMHAS, in partnership with Northeast 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. Abstracts are being sought for workshops and poster presentations. View the solicitation letter from Co-Chairs Kathleen Clegg, M.D. and Mark Hurst, M.D. View the submission form. Proposals will be accepted until Dec. 9.

WRAP Seminar II Facilitator Training — April 3-7
The Copeland Center will host a WRAP (Wellness Recovery Action Plan) Seminar II Facilitator Training April 3-7 at the Recovery Center of Hamilton County in Cincinnati. Cost is $1,500 and includes lunches, materials, training and 2-year listing in the WRAP Facilitator registry. Click HERE to complete the 2017 training application.

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.

Mental Health America 2017 Annual Conference — June 14-16
Mental Health America will host its 2017 Annual Conference “Sex, Drugs and Rock & Roll” June 14-16, 2017, at the Hyatt Regency Washington on Capitol Hill in Washington, D.C. Click HERE for more information and to register online.

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