



News Now

Mike DeWine, Governor
Lori Criss, Director



August 21, 2020

>>> OSPF Unveils #ItsOkTo not be OK Back-to-School Campaign

To coincide with the start of the 2020-21 school year, the Ohio Suicide Prevention Foundation (OSPF) is [rolling out](#) a new **#ItsOkTo not be OK** campaign to help raise awareness of anxiety, depression, and thoughts of suicide due to the COVID pandemic. Campaign messaging reminds young people: *#ItsOkTo not be Ok. You're not alone. If you're having anxiety about going back to school, it's Ok. Help is here 24/7.* Call 1-800-273-8255 Or Text "4HOPE" to 741-741 to speak to a trained crisis professional.

Click [HERE](#) for instructions on how to access resources and share campaign materials in your community. OSPF is encouraging individuals and organizations to develop and share their own **#ItsOkTo** messages for social media. Click [HERE](#) to submit messages to be amplified on OSPF social media platforms. Questions? Email inquiries to: keiko.talley@ohiospf.org.



>>> Free WHAM Trainings for Peer Recovery Supporters

The Ohio State University College of Social Work and OhioMHAS are sponsoring five Whole Health Action Management (WHAM) trainings geared for Peer Recovery Supporters. These 2-day trainings will prepare a peer recovery supporter for how to lead WHAM in their peer organizations. Trainings will take place on Sept. 1-2, Sept. 3-4, Sept. 15-16, Sept. 17-18, and Sept. 22-23. Click [HERE](#) to learn more about these trainings and to register online.

>>> Summit County Community Partnership Launches Resiliency Training Series

The Summit County Community Partnership, in conjunction with the County of Summit Alcohol, Drug Addiction and Mental Health Services Board, has launched a Growing Resilient Impact Teams (G.R.I.T.) webinar series to help employers and employees navigate the "new normal" of work/life amid the COVID-19 pandemic. The series launches **Aug. 25 at 9 a.m.** with a webinar titled, [Supporting Employees in a COVID-19 Return-to-School Landscape](#). Click the link for more information, and to register online.

Future presentations include:

Sept. 1 – *Lifting Up Your Mind: Pandemic Relief and Ways to Move Forward*

Sept. 8 – *Developing a Culturally-Competent Workplace*

Sept. 15 – *Alcohol: The Bottom Line of Quarantines or Quarantine Consumption – Use or Abuse?*

For more information, email Alyce Jennings at ajennings@cpsummit.org or call 330.208.5499.



>>> 2020 State of Ohio MI/DD Conference – Sept. 14-16

Registration is now open for the 18th Annual State of Ohio MI/DD Conference "Mental Health Aspects: Treatment and Support." Cost is \$115 for NADD members; \$140 for non-members. Click [HERE](#) to see the conference booklet and [HERE](#) to register online.



>>> Cincinnati Children's 2020 Pediatric Mental Health Symposium – Sept. 21

Cincinnati Children's Hospital Medical Center will host its virtual 2020 Pediatric Mental Health Symposium on Sept. 21 from 8 a.m.-3:30 p.m. Dr. Brian Sims, senior medical advisor, National Association of State Mental Health Program Directors, will discuss trauma's effect on the developing child and how it can lead to changes both behaviorally and

intellectually in his keynote presentation, “The Neurology of Mental Health.” Click [HERE](#) for more information and [HERE](#) to register.

For more information on Ohio's response to COVID-19, visit coronavirus.ohio.gov or call 1-833-4-ASK-ODH (1-833-427-5634). For behavioral health-specific information, visit: <https://mha.ohio.gov/coronavirus>. For behavioral health-related questions, email covid19BH@mha.ohio.gov. For COVID-19-related OTP questions, email OTP_COVID19@mha.ohio.gov, for Housing questions, email COVID19Housing@mha.ohio.gov and for Telehealth questions, email COVID19BHTelehealth@mha.ohio.gov. COVID Careline 1-800-720-9616. Click [HERE](#) for a list of pop-up COVID-19 Testing Sites.

In the News

8.21.20 | *Cleveland.com* [Eisen Agency chosen by Sober Grid for addiction recovery support campaign](#)

8.20.20 | *TODAY* [About 1 in 4 young adults considered suicide because of pandemic, CDC reports](#)

8.20.20 | *Warren Tribune Chronicle* [Infrastructure work begins on Valley's Campus of Care](#)

8.20.20 | *Springfield News-Sun* [Mercy College receives grant to help families affected by opioid addiction](#)

8.19.20 | *Cleveland.com* [Parma City Schools adding social and emotional wellbeing initiative in high schools](#)

8.18.20 | *WCMH-TV* [Mental health issues, especially in young adults, on the rise during pandemic](#)

8.18.20 | *OSU Lantern* [Student-run nonprofit creates app to prevent opioid overdoses](#)



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