



# News Now

Mike DeWine, *Governor*  
Lori Criss, *Director*



September 3, 2020

## >>> Ohio Higher Education Mental Health Resources

Young adults heading to college, whether in person or virtually, are faced with a number of challenges that can affect mental health and ongoing educational success. The [Ohio Department of Higher Education](#) and the Ohio Department of Mental Health and Addiction Services (OhioMHAS) worked together to prepare this [list of resources and tools](#) to support young adults and campus personnel as they adjust to changing life stressors. For emotional support now, the second page includes the Ohio CareLine (1.800.720.9616), Crisis Text Line (text "4HOPE" to 741741) and the National Suicide Prevention Lifeline (1.800.273.8255). Please share these resources widely in your community.



## >>> Virtual Recovery Housing Institute

Ohio Recovery Housing (ORH) has announced a [virtual Recovery Housing Institute](#), a series of intensive trainings that will take place over a six month time period. The free institute is made available with funding support from the Ohio Department of Mental Health and Addiction Services (OhioMHAS). Sessions are designed to assist recovery housing operators in developing deeper knowledge of the National Alliance of Recovery Residences (NARR) [Quality Standards](#) and [OhioMHAS quality housing criteria](#). Participants will have one take home assignment to complete per month. Assignments will be reviewed and participants will be provided with individualized feedback. Once all assignments are completed and reviewed, the participant will have a completed packet of policies and procedures that contain all required elements described in the NARR quality standards. Any participant who completes all trainings and turns in all assignments on time will receive a scholarship for the first year of their ORH certification fees. All scholarships must be used by June 2021. There are 30 slots available for the Institute. **Applications are due Sept. 18.** Visit the [ORH website](#) for more information and to apply.



## >>> Life Drawing on Suicide Prevention Day with Artist Derek Hess – Sept. 10

In recognition of [World Suicide Prevention Day](#) (Sept. 10), internationally-renowned artist [Derek Hess](#) will host a free, online "Life Drawing" class from 7-9 p.m. to remember and pay tribute to those lost to suicide. "A healthy creative outlet can help us manage behaviors, process feelings, reduce stress and anxiety, and increase self-esteem," Hess said in a media release. "Complex emotions such as sadness or anger can't always be expressed with words. Making art is an emotional release." While you watch Hess' work live, you will also be able to choose from a couple of different camera angles to personalize your drawing experience. Finished works can be shared across Hess' social media accounts with the hashtag #HessLifeDraw. Many will be chosen for display on Hess' website. Donations raised through this virtual classroom will [benefit Crisis Text Line](#). Click [HERE](#) for more information and to sign up for the class.

## >>> Alcohol Misuse and the COVID-19 Pandemic Webinar – Sept. 15

The Friends of the National Institute on Alcohol Abuse and Alcoholism, the Research Society on Alcoholism, and the American Psychological Association in cooperation with the Congressional Caucus on Addiction, Treatment, and Recovery are sponsoring an "Alcohol Misuse and the COVID-19 Pandemic" webinar on Sept. 15 from 1-3 p.m. Click [HERE](#) for more information and to register.

>>> **Maryhaven “Restoring Lives” Virtual Celebration – Sept. 17**

In recognition of September as Recovery Month, Maryhaven will host a free Restoring Lives Virtual Celebration on Sept. 17, from 11 a.m.-noon. The celebration will feature remarks from keynote speaker Sam Quinones, author of the book *Dreamland*, which chronicles the roots of America’s opioid epidemic, and several inspiring stories from Ohioans in recovery. Click [HERE](#) for more information and to register. Questions? Please email [nmorrison@maryhaven.com](mailto:nmorrison@maryhaven.com) or call 614.324.5473.

>>> **REMINDER: 4<sup>th</sup> Annual (Virtual) FASD Forum – Sept. 25**

September is [Fetal Alcohol Spectrum Disorders \(FASD\) Awareness and Prevention Month](#).



In recognition of the month, the Ohio Fetal Alcohol Spectrum Disorders Steering Committee will host its fourth annual Forum, *Supporting Ohio Families: Interventions for Individuals Exposed In Utero*, on Sept. 25, from 9 a.m.–1:30 p.m. The forum will feature remarks from Susan Elsworth, founder and executive director of Indiana NoFAS, as well as First Lady of Ohio Emeritus Hope Taft. Click [HERE](#) to register.

>>> **\*POSTPONED\* Ohio Women’s Network 2020 Symposium**

Please note that due to COVID-19 safety precautions, the Ohio Women’s Network 2020 Symposium scheduled for Oct. 16 has been cancelled. Organizers are looking to potentially re-schedule for Spring 2021. Stay tuned to *NewsNow* for updates.

**Pop-Up Testing Sites**

**WANT TO GET TESTED FOR COVID-19?**

**ANYONE CAN GET A NO-COST TEST AT THESE LOCATIONS WEEK OF SEPT. 7 – SEPT. 13**

DATE	LOCATION	ADDRESS	TIME
SEPT. 8	Cincinnati	Winton Terrace Apartment Homes 4848 Winneste Ave. Cincinnati, Ohio 45232	9:00 a.m. – 1:00 p.m.
	Springfield	Rocking Horse Community Health Center 651 S. Limestone St. Springfield, Ohio 45505	5:00 p.m. – 7:00 p.m.
SEPT. 10	Bellefontaine	Logan County Fairgrounds 301 E. Lake Ave. Bellefontaine, Ohio 43311	9:00 a.m. – 1:00 p.m.
SEPT. 12	Akron	Chapel Hill Mall 2000 Brittain Road Akron, Ohio 44310	9:30 a.m. – 12:00 p.m. 1:30 p.m. – 4:30 p.m.
	East Cleveland	Stephanie Tubbs Jones Health Center 13944 Euclid Ave. East Cleveland, Ohio 44112	10:00 a.m. – 2:00 p.m.
SEPT. 13	Akron	Chapel Hill Mall 2000 Brittain Road Akron, Ohio 44310	9:30 a.m. – 12:00 p.m. 1:30 p.m. – 4:30 p.m.

#IN THIS TOGETHER Ohio #RESPONSIBLE RESTART Ohio

[coronavirus.ohio.gov](https://coronavirus.ohio.gov)

For more information on Ohio's response to COVID-19, visit [coronavirus.ohio.gov](https://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](mailto:covid19BH@mha.ohio.gov). For COVID-19-related OTP questions, email [OTP\\_COVID19@mha.ohio.gov](mailto:OTP_COVID19@mha.ohio.gov), for Housing questions, email [COVID19Housing@mha.ohio.gov](mailto:COVID19Housing@mha.ohio.gov) and for Telehealth questions, email [COVID19BHTelehealth@mha.ohio.gov](mailto: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**

9.2.20 | *WEWS-TV* [A ‘first’ for Ohio first responders: Researchers develop mobile app to help with effects of traumatic stress](#)

9.2.20 | *Clermont Sun* [Coalitions renew calls to make preventing suicides a priority](#)



- 9.2.20 | *Cleveland.com* [Murder-suicides involving family members often share characteristics and risk factors, experts say](#)
- 9.2.20 | *The Associated Press* [Depression, Anxiety Spike Amid Outbreak and Turbulent Times](#)
- 9.2.20 | *ScienceDaily* [Gamifying interventions may improve mental health](#)
- 9.2.20 | *Lorain Morning Journal* [Cleveland Clinic survey illustrates the mental, physical toll the pandemic is taking on men](#)
- 9.2.20 | *Morgan County Herald* [#ItsOkTo not be OK – OSPF launches back-to-school campaign](#)
- 9.2.20 | *The New York Times* [5 Ways to get structure back into your kids' lives](#)

**Please share widely and encourage your colleagues to subscribe to *OhioMHAS eNews* on our [website](#). Also, be sure to join us on [Facebook](#), [Twitter](#), [YouTube](#), [Flickr](#) and [LinkedIn](#)!**