

End of the Year Message from OhioMHAS Director Tracy Plouck



Tracy Plouck, Director

The holidays are an opportune time to share gratitude for all you do on behalf of Ohioans impacted by mental illness and addiction. As you are aware, 2013 has been a year of progress and transformation for Ohio's behavioral health care services systems. With your help, we are blazing new trails in the delivery of quality, cost-effective prevention, treatment and recovery support services for Ohio's most vulnerable individuals. We are working hard to modernize and simplify a system fraught with duplication, red tape and gaps — with a goal of positioning our state as a national leader in implementing a comprehensive, accessible and integrated system of addiction and mental health care and wellness. As the end of the calendar year fast approaches, I wanted to take a moment to reflect upon some of the accomplishments that we've achieved in the past six months — our first as the consolidated Ohio Department of Mental Health and Addiction Services. First and foremost, Medicaid expansion was a huge victory for our system and for the thousands of Ohioans who will now qualify for benefits. I want to thank all of our stakeholders and advocates who

joined with Gov. John Kasich and the Department to champion the cause. This summer, the Governor's Jobs Budget 2.0 finalized the marriage of the former departments of Alcohol and Drug Addiction Services and Mental Health under a single, unified umbrella. The ultimate goal is to recognize and value what is unique in both systems while providing better services through integration and streamlined processes. So far, the transition has been smooth and we all should be proud of our efforts to provide Ohioans access to a system for prevention and treatment of mental illness and addiction with no wrong doors, shared resources and combined expertise. This fall, we completed our Strategic Plan. If you haven't done so already, I encourage you to review that document as it will serve as a blueprint for the future direction of OhioMHAS for the remainder of this biennium and beyond. Through consolidation, we have saved more than \$1.5 million in administrative costs this year. In concert with the Governor and General Assembly, we are in the process of redirecting those savings into local partnerships with sheriffs and jails as part of our Community Innovations initiative, which provides linkages to community-based treatment for individuals with mental illness and addiction who come in contact with the criminal justice system. A total of 12 projects, impacting 24 counties, was funded for SFY 2014. Also, we are gearing up for the January launch of a \$5 million Addiction

Treatment Pilot Project (ATPP) involving drug courts in five communities that will provide Medication-Assisted Treatment for individuals impacted by addiction. This year, we received several federal grants including: the ENGAGE grant (\$1 million/year for four years) to focus on supporting the needs of transition age youth; Screening, Brief Intervention and Referral to Treatment/SBIRT (approximately \$2 million/year for five years) to help physicians identify and provide interventions for substance abuse issues and Safe Schools, Healthy Students (\$2.3 million/year for four years) to provide for an intensive prevention and treatment continuum in three Ohio school districts. We also were pleased to receive national recognition on a few fronts. Three of our Regional Psychiatric Hospitals (RPHs) — Northcoast Behavioral Healthcare, Heartland Behavioral Healthcare and Twin Valley Behavioral Healthcare — earned "Top Performer" accolades from the Joint Commission. The Mathematica Policy Research group, meanwhile, recognized Ohio as a national leader in transitioning residents who want to move out of institutions and into home- and community-based settings. Ohio's HOME Choice program ranked first among states in transitioning individuals with mental illness from long-term care facilities into alternative settings, and second overall in the number of residents moved from institutions into home- and community-based settings.

(Continued on page 6)

Season's Greetings!

Spotlight on Allen, Auglaize, Hardin MHRS Board

"We Care at Work" Initiative Engages Area Businesses and Provider Agencies

Five local organizations recently graduated from the Mental Health & Recovery Services Board of Allen, Auglaize and Hardin Counties' *We Care at Work* initiative, designed to secure the economic stability of local businesses by growing a drug-free workforce. The program received endorsement from the Lima/Allen County Chamber of Commerce and the Allen Economic Development Group.

Using a program developed and facilitated by Working Partners®, a consultation and training firm specializing in drug-free workplace programs, the *We Care at Work* initiative was created after the Board's community coalition saw a need to help businesses intervene with individuals whose substance abuse was getting in the way of getting or keeping a job. Participating organizations attended 15 hours of classroom education and received individual consultation to customize comprehensive drug-free workplace policies and programs.

"We wanted a way to help applicants make changes in their lives, instead of simply passing them along to another



We Care at Work Program Participants

Front Row: (l-r) Stacie Buerger, Spherion of Lima; Donna Dickman, Partnership for Violence-Free Families (PVFF); Emily Wrencher, Crossroads Crisis Center; Mark Conwell, Wright Distribution; Chelsea Schnipke, PVFF.

Back Row: (l-r) Chief Mark Heffner, City of Lima; Vincent Ozier, City of Lima; Director Michael Schoenhofer, Mental Health and Recovery Services Board of Allen, Auglaize & Hardin Counties; Michelle Breitigan, PVFF; Deb Paulus, Crossroads Crisis Center; Amanda Elwer, Spherion of Lima;

Not pictured: Karen Pierce, Working Partners®

ing of how businesses should set up drug-free workplace programs and how we can utilize local agencies for help with substance abusing employees."

A keystone of the program was the creation of an "employer-friendly" infrastructure of prevention and treatment resources to support the businesses' drug-free workplace programs, spearheaded by Coleman Behavior Health. "The comprehensive community resource system organized by the Board and made available to support these businesses and their employees is unprecedented," said Karen Pierce, managing director of Working Partners® and course instructor. "Services spanning the continuum of prevention and treatment are being made available to these businesses and their employees."

Program participation was free and made possible with funding from the Board and support from The Partnership for Violence-Free Families (PVFF) and Coleman Behavioral Health. "Our goal," said Mike Schoenhofer, the Board's executive director, "is to continue offering this program and supporting our business community to take a proactive role in the prevention and treatment of substance abuse."

For more information about the *We Care at Work* initiative, contact 419/222-5120 or click [here](#).

"Our goal is to continue supporting our business community to take a proactive role in the prevention and treatment of substance abuse."

***— Mike Schoenhofer, executive director
Allen, Auglaize Hardin MHRS Board***

employer," said community coalition member and participant Amanda Elwer with Spherion of Lima, Inc. "We needed help strengthening our available labor pool and really didn't know where to start. The program gave us a better understand-

Supporting Ohio's needy OhioMHAS Food Donation Comes Just in Time for Thanksgiving Distributions

With the holiday season in full swing, Ohio's foodbanks are working harder than ever to ensure that families aren't faced with empty tables. In support of that mission, the Ohio Department of Mental Health and Addiction Services (OhioMHAS) donated approximately 165,000 pounds of frozen food items to the Ohio Association of Foodbanks in mid-November, just in time for Thanksgiving distributions.



Due to a recent shift in food operations, OhioMHAS was left with 140 skids of overstocked frozen food items at its Office of Shared Services Central Warehouse. Fortunately, the department had hungry Ohioans in mind when it reached out to the Ohio Association of Foodbanks about donating that product. Five foodbanks across the state — Cincinnati, Dayton, Logan, Springfield and Youngstown — received food items through the donation. The Association estimated that the donation provided nearly 664,000 servings of protein, 363,000 servings of grain items and 69,000 servings of vegetables statewide.

"With the recent across-the-board reduction in Supplemental Nutrition Assistance Program (SNAP) benefits at the federal level, our emergency food assistance network is bracing to serve record numbers of hungry Ohioans this holiday season," said Lisa Hamler-Fugitt, executive director of the Ohio Association of Foodbanks. "This donation could not have come at a better time for our hungry friends and neighbors and the foodbanks, food pantries and soup kitchens that serve them."

OhioMHAS Director Tracy Plouck noted the relationship between nutrition and wellness and the importance of a healthy diet on an individual's mental and physical well-being.

"Lack of nutrition can exact a substantial toll on the physical and mental health of children and adults," said the director. "We are pleased to support Ohio's foodbanks in their mission to help people in need on the road to healthy, hunger-free lives."



Helping Ohio's Needy

(Pictured at top, l-r) OhioMHAS Central Warehouse Supervisor Ronald Horney watches as a dock worker from Dick's Cold Storage loads pallets of donated food into a semi truck bound for Youngstown; Horney reviews the shipping manifest with Dick's Cold Storage supervisor Gerald Bennett.

(Middle) Workers loaded 1,594 boxes of food, weighing approximately 45,400 pounds, onto this tractor-trailer destined for the Youngstown area.

(Bottom, l-r) Dick's Cold Storage workers hand-load cases of frozen pork chops and ham; a dock worker prepares to close and latch the rear door on a trailer containing more than a dozen pallets of frozen meats, vegetables and starches.

To learn more about your local foodbank and how you can help this holiday season, visit www.ohiofoodbanks.org/foodbanks.

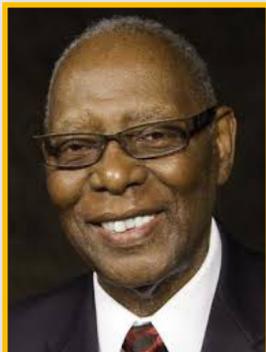
Longtime State Rep. William Mallory, Sr. Remembered for Legacy of Caring, Key Contributions to Ohio's Behavioral Health Field

Larry Mallory Sr., the first African-American majority floor leader in the Ohio House of Representatives, and the father of Ohio's statewide Urban Minority Alcohol and Drug Abuse Outreach Programs (UMAD-AOPs) died Dec. 10. He was 82.

Mr. Mallory, a Cincinnati Democrat, sponsored or co-sponsored more than 600 pieces of legislation including the creation of the first statewide drug prevention program. He served 28 years (from 1966 to 1994) in the House, including a record 20 years as House majority leader.

John L. Edwards, executive director of the UMADAOP of Lucas County and current president of the Ohio UMADAOP Federation, spoke fondly of Mallory in a message shared with colleagues:

"Most of the UMADAOP Directors have enjoyed a relationship with Mr. Mallory that has spanned a period of 20 to 30 years. Some of our most poignant memories are associated with the annual UMADAOP State Conference that has been hosted for the last 24 years. He always hosted a private



William Mallory, Sr.

"It is not enough just to be good. You must be excellent. You must spread excellence to those you've been called to serve. Each of your cities and the state of Ohio must be a better place because of your service."

— *William Mallory, Sr.*

meeting with the directors at each conference that always seemed to have a sense of being very special.

In addition to sharing humorous stories, he would ask each director to provide a status report of any barriers he or she was facing along with the accomplishments that had been gained at his or her respective UMADAOP organizations. At the end of these meetings he would impressively recite an often lengthy poem or quotation that always seemed appropriate for the occasion. He would then dismiss the meeting and loudly exhort the following, 'Directors you've been given your charge for the following year, now go forward and do good!'"

OhioMHAS salutes Mr. Mallory for his years of dedicated service and contributions to Ohio's behavioral health care field, and extends its condolences to the Mallory family as they mourn his loss.

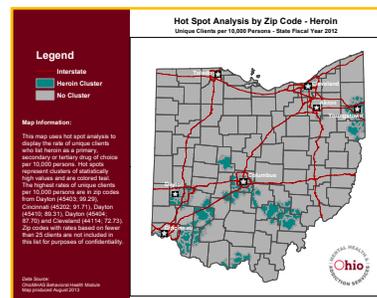
Geographic Information Systems and OhioMHAS: Mapping Health Indicators

The OhioMHAS Office of Quality, Planning and Research has received numerous requests to produce county-level maps about topics ranging from prescription opioid abuse to disease rates. These choropleth maps make it easy to distinguish trends across the state and have proved useful for strategic planning purposes. The office has recently established a [website](#) to make

these maps publically available. Currently, there are six topics for which county-level data are available.

Typically, maps present data from an entire year, but some maps also show the change between county rates

between two years. Maps will be updated once a year as data becomes available. If you have an idea for a topic you would like mapped out, please contact Rick Massatti, Ph.D., at Rick.Massatti@mha.ohio.gov or 614/752-8718.



OhioMHAS Housing Team Honored

OhioMHAS Director Tracy Plouck (center) accepts the "William J. Graves Ohio Housing Excellence Award" on behalf of the OhioMHAS housing team at the 2013 Ohio Housing Conference held Nov. 5-7 in Columbus. The award is given to an individual or organization for continued dedication to increasing the quality and availability of affordable housing opportunities for Ohio families.

Plouck accepted the award from (l-r) Doug Garver, director of the Ohio Housing Finance Agency, and Hall Keller, president of the Ohio Capital Corporation for Housing, who represented the agencies sponsoring the conference.

Franklin County Specialty Docket Programs Finding Success in Addressing Mental Illness, Addiction and Human Trafficking and in Reducing Recidivism, Jail Stays

In 2001, then Ohio Supreme Court Justice Evelyn Stratton sat with Judge Scott D. VanDerKarr and three other Franklin County Municipal Court (FCMC) and Common Pleas Judges and presented a challenge: develop a mental health court that will reduce the number of arrests and jail nights each defendant receives annually and monitor his or her services to ensure compliance.

For many professionals working in the human services field, the issue of compliance is critical. Clients often think they are “well” and able to discontinue their medication, only to find in doing so, that they become unstable and every aspect of life is threatened. The innovation of the FCMC Specialized Docket Programs (SDP) is not just to “keep a person on his or her medication”, but to collaborate with local social services and law enforcement to advocate, link and support clients in their improved and sustained quality of life.

Since the inception of the FCMC Mental Health Program Docket (MHPD), the SDPs have grown to include four other specialty dockets including: the Alcohol and Drug Addiction Program (ADAP), the Opiate Extension Program (OEP), the Changing Actions to Change Habits Court (CATCH) — which helps prostitutes who struggle with addiction to make their way back into society with the help of meetings with a judge — and the Military and Veteran’s Service (MAVS) docket.

Each of these specialized dockets is a problem-solving court that involves the treatment staff of multiple Franklin County ADAMH Board treatment agencies, as well as state and federal agencies. The success of these programs is not based



OhioMHAS Director Tracy Plouck introduces Andrea Boxill, a specialty docket coordinator with the Franklin County Municipal Court (pictured at left), and Judge Scott D. VanDerKarr (pictured at right) at a recent OhioMHAS staff meeting at the Ohio Statehouse. Judge VanDerKarr and Boxill highlighted the successes of Franklin County’s specialty docket programs.

upon the initial intent of decreasing arrests, (about 70 percent reduction annually) or decreasing jail nights, (an annual reduction of 78 percent), but also to assist clients in meeting their basic needs in order to help stabilize them in the community and be in a safe, healthy and productive environment. Inevitably, the participants in these programs appreciate the time and energy that is spent believing in their ability to recover.

Court staff are committed to a holistic approach to treatment and recovery. As Ashley Schmidt, the Community Support Provider for the MHPD states, “I find that media tends to focus on rare events when addressing the mentally ill, carelessly passing over the stories of those who have had a positive impact, or who have made a miraculous recovery.” We become part of the story and are held responsible for another person’s access to care and support.”

The best example of impact on collaborating and spanning the boundaries in the human service and legal fields is illustrated by Dan Spatholt, the Assistant Coordinator for the ADAP docket, “I am amazed and motivated daily by the struggles and challenges and humbled by my own, since joining the SDP team.”

For more information regarding the Franklin County Municipal Court Specialized Dockets, please contact Andrea Boxill at boxilla@fcmclerk.com or 614/645.8511.



First Lady of Ohio Karen Kasich presents a commendation to Franklin County Municipal Court Judge Paul M. Herbert for his work on behalf of victims of human trafficking during a CATCH Court graduation ceremony held at the Governor’s Residence in September.



Innovation Video Awards Allow Six Counties to Promote Early Childhood Mental Health Efforts

OhioMHAS has selected six applicants to receive Innovation Mini-Grants to develop videos that showcase local services, professional development or clinical practices that enable Ohio's youngest citizens to develop into healthy young people and productive adults. These Innovation Mini-Grants align Ohio's Early Childhood Mental Health (ECMH) services with the statewide Race to the Top — Early Learning Challenge



Grant Initiative for 2012-2015, which focuses on children birth to age 6 who are low-income; high-needs, possess multiple disabilities or are English-language learners.

The goal of these videos is to document Ohio's efforts to be a national leader in the provision of children's mental and behavioral health services by demonstrating practices that: 1.) strengthen social and emotional resiliency in young children; or 2.) model innovative multi-ethnic family engagement strategies increasing protective factors for young children birth to age 6.

"They illustrate an array of best practices that will guide professionals engaged in early child development treatment and consultation," said Valerie Alloy, Ph.D., OhioMHAS lead for ECMH. "I am thrilled to see such quality and rich clinical detail for use by the field in a variety of ways, including technical assistance, systems development and national and statewide marketing efforts." The videos will be a centerpiece of the ECMH Statewide Conference set for June 3, 2014.

The six Innovation Video county board grant recipients, their partner provider and the themes they chose to showcase are listed below. This month, OhioMHAS is pleased to feature all six videos (click links below).

- **Clermont County Mental Health & Recovery Board** and Child Focus for unique methods to reduce preschool child expulsions and helping educators and parents assess and support resiliency in children. [View video.](#)
- **Alcohol, Drug Addiction & Mental Health Services of Cuyahoga County** and Achievement Centers for Children for best practices in infant massage and parent engagement. [View video.](#)
- **Lorain County Mental Health Board** and Guidestone for showcasing effective parental/professional collaboration to address very challenging child behaviors. [View video.](#)
- **Montgomery County ADAMHS & Samaritan Behavioral Health** for sharing evidenced-informed ECMH interventions for young children. [View video.](#)
- **County of Summit Alcohol, Drug Addiction & Mental Health Services Board** and Child Guidance & Family Solutions for their multi-systems approach to successful child assessment, outcomes and community involvement. [View video.](#)
- **Trumbull County Mental Health & Recovery Board** and PsyCare for modeling social and emotional kindergarten readiness and strong family/teacher collaboration. [View video.](#)

Director's Message, continued

We will continue that work through our [Recovery Requires a Community](#) initiative, which is designed to provide resources for individuals diagnosed with serious and persistent mental illness (SPMI) who are in an institutional setting and wish to live in the community. These resources are meant to act as a way to "fill the gap" when no other resources can meet the need of the individual. Lack of affordable housing tends to be the most significant barrier to people with mental illness living independently. Recovery Requires a Community is not meant to be a permanent housing subsidy, but it can act as a transitional bridge until other options are available. The program will work in partnership with HOME Choice services provided through the

Ohio Department of Medicaid. [Housing](#) remains a major priority as we head into the New Year. OhioMHAS is committed to looking at ways to increase housing stock, preserve existing housing, provide technical assistance and work with state partners to increase opportunities for [recovery housing](#) for persons with mental illness and addiction. Speaking of partnerships, OhioMHAS joined with the Ohio Department of Developmental Disabilities this summer to launch [Strong Families, Safe Communities](#) — a \$5 million initiative focused on meeting the needs of young persons with mental illness, a developmental disability or both, who may be at risk of crisis. The Departments funded seven different projects around the state where local partners are now working to build out additional respite beds for families, strengthen mobile crisis teams and pro-

vide local training for law enforcement and educators, including [Trauma-Informed Care](#) and [Mental Health First Aid](#).

These are but a few of the many programmatic accomplishments and successes from the past year. The Department looks forward to continuing to work with the Kasich Administration, the General Assembly and all of Ohio's mental health and addiction services Boards, providers, stakeholders, associations, consumers and advocates in the coming year, to continue our mission of building out a robust system of care focused on quality, outcomes and value. With the added impact of Medicaid expansion, we should be able to provide a safety net for thousands more individuals and families. Thank you for all you do, and have a wonderful holiday season! — Tracy



Outgoing Planning Council Members Recognized

(l-r) Outgoing Planning Council members Esther Branscome, Jeannie Copper, Patrick Risser, Cassandra Rufat and Gloria Walker, whose terms ended Nov. 22, were recognized for "outstanding advocacy on behalf of Ohio's consumers and families affected by addiction and mental illness" by OhioMHAS Director Tracy Plouck. Also receiving an award, but not pictured is Jennifer Moses.

The Planning Council is an advisory group to OhioMHAS which is federally required to include 50 percent or more persons and their families who are in recovery and are not employed by the state and/or providers. The Planning Council also includes representatives of providers and other state human services agencies. All six outgoing members are active advocates for mental health and/or addiction recovery in their communities and in statewide advocacy groups including NAMI-Ohio, the Ohio Empowerment Coalition and the Disability Rights Ohio PAIMI (Protection and Advocacy for Individuals with Mental Illness) Council. Patrick Risser also serves on a national advisory board to SAMHSA (Substance Abuse and Mental Health Services Administration), and Gloria Walker serves on the national NAMI Board. Esther Branscome provides peer support through a consumer operated agency in Fairfield County. Jeannie Copper is active with NAMI of Southern Ohio and Cassandra Rufat provides training for peer-provided services. Jennifer Moses, executive director of the Zepf Center in Toledo, led the establishment of one of Ohio's first Health Homes for adults with serious and persistent mental illness, and provided training for other providers. OhioMHAS appreciates their advocacy on behalf of persons in recovery and their families.

Dublin A.C.T. Coalition Develops Rx Drug Awareness PSA

The Dublin A.C.T. Coalition has released a new Prescription Drug Awareness PSA, featuring remarks from Washington Township Fire Department Chief Allen Woo and City of Dublin Chief of Police Heinz von Eckartsburg. The PSA highlights the community impact of prescription drug abuse and urges viewers to properly store and dispose medications. Click [here](#) to view the new PSA. Click to [learn more](#) about the Dublin A.C.T. Coalition.



Dublin **A.C.T.** Coalition
Adolescents and Community Together...To Prevent and Reduce Underage Drinking

Quest Recovery Launches B.R.I.G.H.T. House Residential Treatment Program for Teenage Girls

Canton-based Quest Recovery & Prevention Services has launched a residential substance-abuse program for teenage girls in hopes of filling a void in the area's treatment system. The B.R.I.G.H.T. (Bringing Recovery and Inner Greatness and Hope Together) House project enrolled its first residents in November at a cottage on the Multi-County Juvenile Attention Center campus. The complex will accommodate up to 12 girls who are expected to live there for a minimum of 90 days. The age range for residents in treatment is 15 to 18. [Read](#) more in *The Canton Repository*.

Fresh A.I.R. Gallery to Host "New Realities" Exhibit

Fresh A.I.R. (Artists in Recovery) Gallery will open its latest exhibit — New Realities, artwork by Lauren Carter on Dec. 18. Carter expresses herself artistically using a variety of mediums, including acrylic paint, digital drawing, photography and ceramics. In this exhibit, she explores the emotions and experience of living with bipolar disorder in a series of digital and hand-made collages. The exhibition will run through Jan. 31, 2014. Fresh A.I.R. Gallery, located at 131 N. High St. in downtown Columbus, is operated by Southeast, Inc. For more information, call 614/225-0980.

State EMS Approves Adding Naloxone to Scope of Practice

The Ohio Emergency Medical Services (EMS) Scope of Practice has been modified by the State Board of Emergency Medical, Fire and Transportation Services to include intranasal administration of naloxone by Emergency Medical Responders (EMRs) and Emergency Medical Technicians (EMTs). Read the Board's [statement](#) for complete details.



Columbiana County MHRS Board's Recovery Volunteer Appreciation Luncheon

OhioMHAS Director Tracy Plouck served as the luncheon speaker at the Columbiana County Mental Health and Recovery Services (MHRS) Board's Recovery Volunteer Appreciation Luncheon on Nov. 14. The luncheon honors local residents in recovery who volunteer their time and talents to help peers move forward in their recovery journeys. In the photo above at left, Director Plouck poses with Thelma Rist, chair, Columbiana County MHRS Board and Todd McCormick, recipient of the "Bill Cramer Award for Outstanding Volunteerism." In the photo above at right, Director Plouck poses with (l-r) "Shining Star Award" recipient Brenda Pugh, Gary Barringer, chair, Shining Reflections and Judy Davis, client supervisor, Shining Reflections. Shining Reflections is a consumer-run organization which provides peer support, job search and vocational training, socialization support, and education that identifies and responds to the changing needs of people with mental illness and disabilities.



Doug Kern

Kern Appointed as CEO of Northcoast Behavioral Healthcare

The Ohio Department of Mental Health and Addiction Services (OhioMHAS) is pleased to announce the appointment of Douglas Kern Jr. as Chief Executive Officer at Northcoast Behavioral Healthcare (NBH). As CEO, Kern will be responsible for nearly 500 employees and the well-being, care and treatment of 260 patients located at the Northfield hospital, and approximately 200 individuals served by NBH's Community Support Network (CSN) in Cuyahoga, Lake and Mahoning counties. In addition to overseeing day-to-day hospital operations and business processes, Kern will also manage relations with the Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Boards in the seven-county catchment area served by the hospital.

Kern, who brings more than 20 years of experience in the field of mental health to his new position, previously served as the hospital's Chief Operating Officer. He has served on the Hospital Executive Committee at NBH for the past 10 years and has been responsible for the Joint Commission, Licensure & Certification and CMS standards. He has been actively involved in the planning and construction of the new facility/renovations currently underway at NBH. He is an Ohio Certified

Public Manager and holds a Bachelor of Science in Social Work from Bowling Green State University and a Masters in Public Administration from Cleveland State University. He also holds a Certification in Mental Health Executive Leadership from Case Western Reserve University and is a veteran of the United States Army and Ohio National Guard.

News & Research Round Up

Partnership at Drugfree.org Unveils Multi-media Medication-Assisted Treatment Resource

The Partnership at Drugfree.org has released a new multimedia resource that features videos of doctors, parents and their teen or young adults, who have first-hand experience with **Medication-Assisted Treatment**. An integral part of the new resource is the **Medication-Assisted Treatment e-book**, which provides a detailed plan of action for getting treatment for a child or loved one, based in science, research and medicine. It helps inform parents and caregivers about Medication-Assisted Treatment options, especially when many are not aware that medication can be an important part of successful recovery.



News & Research Round Up, cont.

Gamblers May Be At Increased Risk For Comorbid Mental Health Disorders

[Medscape](#) recently reported (12/12 Meville) that, according to a study presented at the annual meeting of the American Academy of Addiction Psychiatry, “gamblers — even those who only gamble recreationally — are at increased risk of developing comorbid mental health disorders.” After analyzing “data on 34,653 respondents older than 18 years from wave 1 (2001 and 2002) and wave 2 (follow-up in 2004 and 2005) of the National Epidemiological Survey on Alcoholic and Related Conditions,” then adjusting for confounding factors, researchers found “a stepwise relationship between the level of gambling disorder and the association with comorbidity.”

Acute Stress Levels Tied To Prolonged Media Exposure

According to a study published online Dec. 9 in the *Proceedings of the National Academy of Sciences*, “six or more hours a day of exposure to media coverage” following “a traumatic event may” be harmful to mental health. Researchers found that prolonged media exposure following the April 15 Boston Marathon bombings was tied to “more acute stress than having been at or near the marathon.” The *Los Angeles Times* (12/10 Healy) reported that researchers arrived at that conclusion after questioning 4,675 Americans in the period two to four weeks after the bombings. People who took the Internet-based survey “were a representative sample of metropolitan Boston, New York City and the rest of the United States.” After adjusting for confounding factors, investigators “found that respondents with a prior history of mental health problems and those who had watched six or more hours of daily media coverage of the events surrounding the bombings were most likely to report high acute-stress symptoms.” *HealthDay* (12/10, Dotinga) reported that because of that, “the study authors say the findings should raise more concern about” how graphic news coverage may affect viewers.

Study Identifies Four Recovery Patterns in Patients With Serious Mental Illness

A two-year study of patients with schizophrenia, schizoaffective disorder, bipolar disorder, or affective psychosis reveals four recovery trajectories and the factors that affect those outcomes. All too often, serious mental illness is seen as incurable, permanent and progressively deteriorating, but 60-70 percent of patients can achieve some level of recovery, said Carla Green Ph.D., M.P.H., of the Center for Health Research at Kaiser Permanente Northwest, in Portland, Ore. Green and colleagues used extended interviews with 92 women and 85 men, asking about psychiatric symptoms, quality of life, general health and the mental health care they were receiving, they explained in their report, [Recovery From Serious Mental Illness: Trajectories, Characteristics, and the Role of Mental Health Care](#) in the December *Psychiatric Services*. They also used self-reports and health-plan data in their analysis. The scores on the various measures pointed to four patterns of recovery: high and stable levels of recovery; moderately high but fluctuating; moderately low but fluctuating; and consistently low and stable.

“Few demographic or diagnostic factors differentiated clusters at baseline,” the researchers said. “Consistent predictors of trajectories included psychiatric symptoms, physical health, resources and strains, and use of psychiatric medications.” The most consistent predictors of recovery were psychiatric symptoms and changes in those symptoms, they said. Those, in turn, are dependent on good-quality care, which includes satisfaction with their clinicians and with the medications they are taking. “Providing such care has the potential to change recovery trajectories over time,” they concluded.

HHS Provides \$50 Million to Expand Treatment for Substance Use, Mental Health

The U.S. Department of Health and Human Services (HHS) announced its plans to provide \$50 million to expand treatment for substance use disorders and mental health. The funds will be used to hire staff, add services and employ team-based models of care. The funds will go to approximately 200 community health centers, *UPI* reported.

“Most behavioral health conditions are treatable, yet too many Americans are not able to get needed treatment,” Health Resources and Services Administration Administrator Mary K. Wakefield said in a [news release](#). “These new Affordable Care Act funds will expand the capacity of our network of community health centers to respond to the mental health needs in their communities.”

The president’s fiscal year 2014 budget also includes \$130 million to help teachers recognize signs of mental illness in students and refer them to services, and to support innovative, state-based programs to improve mental health outcomes for young people. It also provides funds to train 5,000 additional mental health professionals.



Training Opportunities

2013-14 Regional Problem Gambling Treatment Training Series

OhioMHAS will partner with Cleveland-based Recovery Resources to present the 2013-14 Regional Problem Gambling training series. Participants will receive CEUs for social workers, counselors and gambling counselors and RCHs for chemical dependency and prevention professionals. *Stage 2: Treating the Disordered Gambler* trainings are scheduled for [Akron](#) (Feb. 13-14) and [Athens](#) (March 24-25). *Advanced Disordered Gambling* trainings are scheduled for [Cleveland](#) (May 5-6) and [Columbus](#) (May 8-9). Click the links for complete details.

Registration Open: 2013-2014 Problem Gambling Prevention Trainings

Drug Free Action Alliance, with support from OhioMHAS, is continuing to expand the problem gambling prevention landscape by focusing on building community collaboration and infusing environmental strategies with two new trainings. For four upcoming dates, the morning session will be: *How to Work with Community Groups Regarding Problem Gambling Prevention Efforts*, and the afternoon session will be: *Environmental Prevention Strategies for Problem Gambling*. Upcoming training dates are Jan. 22 in Columbus, Feb. 19 in Cincinnati, and March 18 in Cleveland. RCHs and CEUs of 3.0 are provided for each session or 6.0 for a full day. Cost is \$25 a session or \$40 for a full day with lunch provided. Click [here](#) to register and get details for a specific event.

NIDA "Family Check-Up" Webinar — Dec. 19

Please join the Office of National Drug Control Policy (ONDCP) and National Institute on Drug Abuse (NIDA) for a webinar on Thursday, Dec. 19 from 2-3:30 p.m. to gain helpful tips and guidance on how to talk to your kids about the risks associated with substance use. The *NIDA Family Check-Up* is an online resource to help keep your children drug-free. The Family Check-Up includes strategies that guide parents on effective communication skills to catch problems early, support positive behavior, and staying aware of what is happening in their children's lives. Videos show examples of how to use the strategies outlined on the website. During the webinar, NIDA Family Check-up researcher, Tom Dishion, Ph.D. of Arizona State University, will provide an interactive overview of his intervention research, and intervention strategies significant to youth development. To register for this webinar, [click here](#).

Annual Problem Gambling Conference: Ohio's Response to a Changing Landscape — March 4-5

For the first time, Ohio's Annual Problem Gambling Conference will be a stand-alone workforce development event, March 4-5, 2014, hosted by the partners of Ohio for Responsible Gambling: the Ohio Casino Control Commission, Ohio Lottery Commission, Ohio State Racing Commission and OhioMHAS. "Ohio's Response to a Changing Landscape" is an interdisciplinary conference that will bring the latest science and strategies to the state for the goal of reducing problem gambling and treating those with gambling disorder. Keynote speakers will include Henry R. Lesieur, Ph.D., creator of the South Oaks Gambling Screen (SOGS) and gambling disorder treatment expert. Breakout sessions will highlight: community engagement, prevention and responsible gambling; co-occurring disorders and diagnosis of gambling disorder; community needs assessment; creating the continuing care plan; and development of a new Ohio Problem Gambling Resource Center. An application for continuing education credit has been submitted. Watch for an *OhioMHAS NewsNow* announcement that registration is live to reserve your place at this exciting educational networking opportunity. Questions? Contact Stacey Frohnafel-Hasson at 614/644-8456 or stacey.frohnafel@mha.ohio.gov.

IDDT Implementation Strategies for Program Leaders — March 25-26, 2014

The Center for Evidence-Based Practices at Case Western Reserve University will present "IDDT Implementation Strategies for Program Leaders" in Columbus March 25-26, 2014. This training is for innovators in Ohio and throughout the nation who are implementing an Integrated Dual Disorder Treatment (IDDT) team with aspirations of high fidelity to this evidence-based practice for people with co-occurring substance abuse and mental illness. Click [here](#) for details.

Training Opportunities, cont.

The premiere Midwest Alcohol Policy Summit will be held in Columbus on April 2-3, 2014, with a one-day pre-conference with dual tracks on higher education and law enforcement on April 1, 2014. The inaugural conference, with the collaboration of eight partner states, will explore progress in advancing sound alcohol policies at the local, regional and national level. Legislative and community norms continue to shift and it is vital to equip decision makers at all levels with the most up-to-date and evidence-based resources. The summit will bring focus to the importance of alcohol policy as well as resources for making reforms in your community. [Register online](#) by Jan. 27, 2014, to take advantage of early-bird pricing. Please direct questions about the Summit to Derek Longmeier at 614/540-9985 ext. 16 or DLongmeier@DrugFreeActionAlliance.org.

Housing Ohio 2014 — April 7-8

The Coalition on Homelessness and Housing in Ohio (COHHIO) will host its 20th anniversary Housing Ohio conference April 7-8, 2014, at the Sheraton Columbus at Capital Square. Registration will begin in mid-January. Visit www.cohhio.org for more information.

Lima UMADAOP Second Annual 5K Walk/Run — April 26

The Lima Urban Minority Alcoholism and Drug Abuse Outreach Program (UMADAOP) will host its second annual "Let's Move & Walk, Let's Move & Run" 5K event on Saturday, April 26, 2014. Proceeds from the event benefit the G.E.M.S. (Girls Empowering & Motivating Success) program. For more information, contact the agency at 419/222-4474 and request to speak with prevention staff.

OPEC Merging with Annual Early Childhood Mental Health Conference

The OhioMHAS Office of Prevention and Wellness is excited to announce that the 25th annual Ohio Prevention and Education Conference (OPEC) is merging with the Ohio Early Childhood Mental Health Conference. This conference will integrate the work of the Bureaus within the Office of Prevention and Wellness. The Bureau of Prevention and the Bureau of Children and Families are working together to build the capacity of Ohio's prevention and early intervention workforce to transform wellness for Ohio's children, families and communities. The merged conference is tentatively scheduled for June 2-5, 2014, on the campus of Ohio Wesleyan University. The Third Annual [Youth-Led Prevention PSA Contest](#) will again be a part of the event, as well as recognizing this year's Prevention Champion. A "Save the Date" will be coming soon.



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