

## Governor Kasich Unveils 2014 Mid-Biennium Review Budget Proposals Calls for New Tax Cuts, Education Initiatives and Help for Vulnerable Ohioans

On March 11, Gov. John R. Kasich released his [\*Transforming Ohio Jobs and Growth – Mid-Biennium Review \(MBR\)\*](#), a proposal containing changes to the State Fiscal Year 2014-15 Budget at its midpoint. Gov. Kasich called on the Legislature to quickly approve the new proposals to keep Ohio's economic recovery moving ahead by [\*cutting tax rates\*](#) for all Ohio taxpayers, providing special tax relief for low- and middle-income Ohioans, [\*improving K-12 education, job training\*](#) and [\*higher education\*](#), and [\*providing new help for Ohioans with mental illness and addiction\*](#).

"We know what works: balanced budgets, tax cuts, better education and training, and a helping hand so everyone can benefit from a stronger Ohio. We've got to keep building on these ideas because they're lifting our state, and with the continued partnership of the Legislature we'll keep that progress going for Ohioans," said Kasich.

***"We know what works: balanced budgets, tax cuts, better education and training, and a helping hand so everyone can benefit from a stronger Ohio."***

— Gov. John R. Kasich

The Governor's proposal calls for the following investments in Ohio's behavioral health care system:

- **Strengthening Support for Ohioans with Mental Illness and Addiction:** The governor will propose an initiative to increase access to crisis intervention and safe places for Ohioans with mental illness and addiction. These temporary housing and treatment resources fill a gap for those Ohioans who are able to live at home and those transitioning out of the highest levels of

care, such as traditional in-patient hospitalization, by providing them a safe place in times of crisis.

- **Expanding Ohio's New *Start Talking!* Drug Abuse Prevention Campaign:**

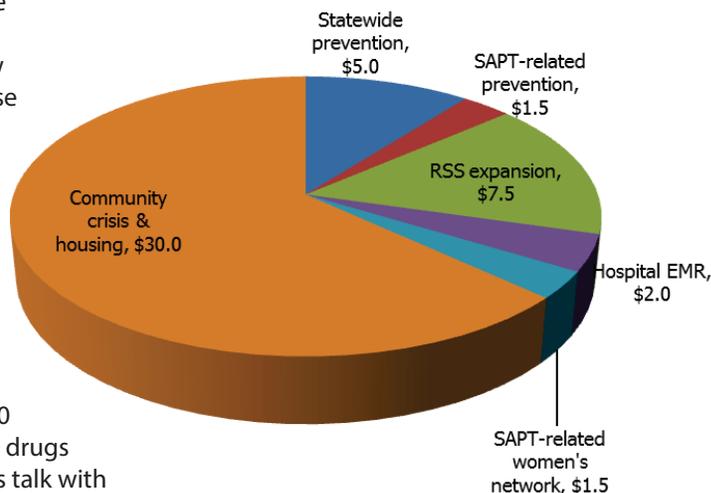
The governor proposes expanding Start Talking! by working with legislators to get the program adopted by more schools across Ohio. Start Talking! is rooted in research that shows youth are up to 50 percent less likely to use drugs when parents and adults talk with them about substance abuse than youth whose parents do not. Since it was launched, the program has interacted with more than 8,600 students, and engaged 186 student ambassadors to stand up and be leaders in their schools.

- **Stemming the Tide of Substance Abuse:** The governor's MBR proposal prioritizes a \$6.5 million statewide investment in prevention initiatives that are essential in order to stop substance abuse before it gets

started. By targeting evidence-based programming that has proven to keep kids away from drugs, fewer families will have to deal with the costs and heartache of addiction in the future.

Ohio Department of Mental Health and Addiction Services (OhioMHAS) director Tracy Plouck *testified* before the House Ways and Means Committee on March 12. "Since taking office, Gov. Kasich has made it clear that he cares deeply about the issues of addiction and mental illness. He

**ALI 507 in millions, FY 15**



has demonstrated that behavioral health is a priority through the actions taken in his previous budgets and MBR, as the system has undertaken fundamental reform over the past three years," Plouck testified. "In his State of the State address, Governor Kasich discussed his vision to continue to meet the needs of individuals with mental illness and addiction. Specifically, the Governor wants to build on the work that we have already done to address several statewide priorities in the context of an evolving behavioral health system."

Get a complete run-down of the Governor's MBR proposals on the [\*OhioMHAS website\*](#).

**Additional resources:**

- [\*Stakeholder Webinar \(recorded\)\*](#)
- [\*Stakeholder PowerPoint\*](#)
- [\*Statements of Support\*](#)
- [\*Grid of OhioMHAS MBR Language\*](#)
- [\*Fact Sheet - Helping Vulnerable Ohioans\*](#)
- [\*Fact Sheet \(Overall Plan\)\*](#)
- [\*Transforming.Ohio.Gov\*](#)

## Recovery Ties in with Mission at Appalachian Behavioral Healthcare

To help promote recovery among patients, Appalachian Behavioral Healthcare (ABH) in Athens, one of the six regional psychiatric hospitals administered by OhioMHAS, utilizes several unique engagement strategies. A few of these strategies are highlighted below:

### Art Cart

The “art cart,” is a partnership between ABH and the Athens Photographic Project, which provides patients the opportunity to choose a large photograph from a selection of about 80 photographs to display in their rooms during their stay at the hospital. Along with each photograph is a statement from the artist about what the image means to his or her own recovery. For more information about the Athens Photographic Project, [click here](#).

### Virtual Walk

ABH has a long history of hosting a virtual walking program for patients. The current virtual walk, which began in February, is a 900-mile trek through California, dubbed “California Dreamin.” Patients are provided pedometers and log their steps each day. Every week, when patients reach a new destination in the state, they learn facts about that location. Once the walk has concluded, the hospital’s art therapy department will host a California-themed party for patients to celebrate their accomplishment. Previously, ABH patients have “walked” Route 66 and the Appalachian Trail.

### Tie Quilt

In early 2013, nine patients who were participating in an occupational therapy group, designed a quilt out of nearly 50 neckties donated by ABH staff. The quilt, named “Stitches of Wellness” by a patient, was completed in about three months. Patients participated in multiple elements of quilting, including cutting, hand embroidery and machine sewing, which have been shown to improve problem solving, concentration and self-esteem. The quilt was first displayed at Quilt National 2013 held at The Dairy Barn Arts Center in Athens, and is currently at OhioMHAS in Columbus.



Top photo: Athens Photographic Project participants include (l-r) Chris Leonard, Stephanie Schmidt, Glenna Parry, Gordon Franciosa, Tonya Dunfee, Matt Griffin and Michael McDowell. Bottom photos (l-r): ABH Certified Occupational Therapy Assistant Cammi Soller and Client Rights Advocate Keith Hager display an example of a photograph from the “art cart;” the tie quilt crafted by ABH patients is displayed at OhioMHAS in Columbus; a close-up of the tie quilt.

## Ohio's First Stand-Alone Problem Gambling Conference Draws 200

Highlighting March's Problem Gambling Awareness Month activities were a formal [resolution](#) from Gov. John R. Kasich and the *2014 Problem Gambling Conference: Ohio's Response to a Changing Landscape*. Approximately 200 behavioral



*Dr. Henry Lesieur speaks at the 2014 Problem Gambling Conference*

health professionals attended the day-and-a-half-long event in Columbus. Highlights included keynote speakers Drs. Henry Lesieur (pictured) and Mark Griffiths. As a follow-up, Dr. Lesieur, who created the [South Oaks Gambling Screen](#) (SOGS) tool, wrote, "Thank you for inviting me to a wonderful conference ... The state is on to bigger and better things as there was much enthusiasm in the room." Dr. Griffiths

packed three informational and entertaining sessions into the second day, as demonstrated by the need to bring in extra chairs to accommodate all attendees to his sessions. Overall, participants benefitted from both international and home-grown experts in problem gambling prevention and treatment. [Click here](#) to download conference handouts. Anyone interested in joining the Planning Committee for the 2015 conference should contact [stacey.frohnapfel@mha.ohio.gov](mailto:stacey.frohnapfel@mha.ohio.gov).



## Chinese Delegation Visits SBH

This February, a group of mental health providers from the Hong Kong Mental Health system "New Territories West Cluster Hospital Authority" visited Summit Behavioral Healthcare. The group, which visited several Cincinnati-area providers, was hosted by the Hamilton County Mental Health and Recovery Board. At SBH, the group toured the treatment mall, interviewed clinical staff and interacted with peer support staff. Hospital CEO Liz Banks commented, "It was a great exchange and learning experience for everyone."

*Pictured above (Front Row): Jeff Amend ACEO; Kate Sigafos, Director O.T.; Don Lo Kin Trace, S.W.; Ron Fan Tse Wo, O.T.; Fred Gaines Clients Rights Specialist. (Back Row): Hezekiah Samples, Director, Social Services; Pan Lau Ka Hung, Psychiatric Nurse; Micki Cole, Vocational Services; and Doug Lehrer, CCO.*

## Ohio's Telepsychiatry Project Continues to Reach Out — Collaborative Effort Now Serving More than 250 Individuals with Dual Diagnosis in 44 counties

OhioMHAS funds an ongoing collaboration with the Ohio Department of Developmental Disabilities (DODD), Ohio Developmental Disabilities Council and Dr. Julie Gentile at Wright State University's Coordinating Center of Excellence (CCOE) to expand quality services to people who experience both mental illness and intellectual/developmental disabilities.

In a Feb. 10 announcement, DODD Director John Martin stated, "There is a growing need for specialized professional services for those with complex needs within Ohio communities. We are fortunate to have access to psy-

chiatric services through Dr. Gentile and her colleagues who focus on working with people having co-occurring issues, including the Telepsychiatry Project launched in 2012 — which currently serves 44 counties — to reach people across the state of Ohio." He added, "I am pleased to announce that through Dr. Gentile's continuous recruitment efforts, the CCOE has secured the services of additional psychiatrists/clinicians through a newly-formed collaborative effort with Access Ohio Mental Health Center of Excellence. The change in location for Dr. Gentile and her colleagues will allow stability in the continuation of current

services and potentially, expansion." Director Martin further explained that the additional infrastructure and resources will go a long way toward addressing the current gap in services to people with a dual diagnosis throughout the state. Individuals can receive care at Access Ohio offices and, for those counties currently eligible for the Telepsychiatry Project, remote appointments also will be available. New referrals and questions may be directed to Tina Evans, MI/DD Project Manager, at 614/752-9028 or [tina.evans@dodd.ohio.gov](mailto:tina.evans@dodd.ohio.gov).



## Ohio's Drug-Free Youth Advocate for Prevention at the Statehouse

To advocate for statewide prevention efforts, eight members of the [Ohio Youth-Led Prevention Network](#) (OYLPN) Youth Council (pictured above), along with members of their respective local youth organizations, met with members of the General Assembly from their districts as part of a legislative day held at the Ohio Statehouse on Feb. 12. The goal of the OYLPN, which was launched by [Drug Free Action Alliance](#), OhioMHAS and the three largest youth-serving organizations in the state — [Ohio Teen Institute](#), [Youth to Youth International](#) and [PRIDE Youth Programs](#) — is to show youth that the majority of their peers make healthy decisions and do not use drugs or alcohol.

Youth Council member Olivia Thacker of Wayne County recounted the day: "Having the ability to meet with the representatives from our individual districts about youth led prevention was an unforgettable experience," Thacker said. "Being able to have the responsibility of meeting with such important people is something almost everyone my age has never even experienced. I met with Rep. [Ron] Amstutz, and this was the highlight of my day. He was so on-point when it came to understanding who we are and what we need. He is so personable and friendly. This event was something I will never forget."

### Hot off the Presses!

## New OhioMHAS Research Reports Available

The OhioMHAS Office of Quality, Planning & Research this month released the latest Ohio Substance Abuse Monitoring (OSAM) Network [Surveillance of Drug Abuse Trends in the State of Ohio](#) report. Staff also published the latest [Ohio Behavioral Health: Current Research Trends](#), focusing on questions concerning the involvement of individuals with behavioral health issues in the criminal justice system.



## ODH: Fewer Ohio Teens Abusing Prescription Painkillers, Heroin

The Ohio Department of Health (ODH) this month released findings from its 2013 Ohio Youth Risk Behavior Survey (YRBS). Of significant note, the number of teens in Ohio who abuse prescription painkillers was cut in half. In 2011, 21.3 percent of students reported using prescription pain relievers or painkillers without a prescription one or more times during their life; in 2013, that dropped to 12.8 percent. Meanwhile, according to ODH, the number of Ohio youth who reported using heroin also decreased from 3.1 percent to 2 percent.



Other key findings of the YRBS include:

- 70 percent of students do not drink alcohol
- 85 percent do not smoke cigarettes
- 83 percent of students report having an adult they are comfortable seeking help with a problem
- 82 percent of students feel safe and secure at school always or most of the time

The 2013 YRBS marks 20 years since Ohio began surveying its high school students on their health and risk behaviors. The survey is conducted by ODH under the direction of the Centers for Disease Control and Prevention. The 2013 survey was completed by more than 1,455 randomly-selected students in 44 public and private high schools during the spring of 2013. [View the full report.](#)

## Vinton County Project to Provide Treatment, Recovery Supports to Transition-Age Youth

In January, OhioMHAS approved the application for \$27,000 in capital funding to assist [Sojourners Care Network](#) in Vinton County with the purchase of a distressed property in McArthur that will provide housing for four transition-age youth who are in recovery from addiction and/or mental illness. Sojourners plans to renovate the facility through the use of BWC premium rebate to purchase needed building materials, and will tap its Youthbuild division (which connects transition age youth with construction professionals where they learn hands-on skills and are paid for their time and labor) to supply the necessary labor. Treatment services will be provided by Integrated Services of Appalachia Ohio and Hopewell Health Centers. In addition to housing and treatment, Sojourners will provide residents a variety of programs including: employment training, diploma and GED support, mentoring, leadership training and service learning opportunities, and assist with job placement.



*"All People Matter"* — March is Social Work Month

## Recognizing, Supporting and Celebrating Students in Recovery at Ohio State

By Sarah Nerad, MSW Student at The Ohio State University

**M**y name is Sarah Nerad, and I am a young person in long-term recovery, which means I have not used drugs or alcohol since Aug. 16, 2007. When I entered recovery at the start of my junior year of high school, I could not fathom the idea that my education would play a major role in sustaining my nascent recovery. According to the Association of Recovery in Higher Education, collegiate recovery programs are "a supportive environment within the campus culture that reinforces the decision to disengage from addictive behavior. It is designed to provide an educational opportunity alongside recovery support to ensure that students do not have to sacrifice one for the other." I was fortunate to attend Texas Tech University for my undergraduate degree. The school has one of the oldest collegiate recovery programs in the nation. The Collegiate Recovery Community at Texas Tech University was my home away from home. It served as a catalyst for getting connected in a new city, at a new school and with a new recovery community. This program eased the fear I had about moving away for the first time. It also eased the fear my parents had about sending their daughter off to an environment that typically isn't conducive to one's recovery. As graduation was nearing, I made plans to move to Boston for graduate school. With five years of recovery at the time, I thought that making such a drastic life change would not be that big of a deal. I had chosen to attend a school that did not have a collegiate recovery pro-

gram. I did not think that I needed that much support and fellowship anymore. I quickly realized that I needed them now more than ever.

Had it not been for that detour to Boston, I would not have found my way to The Ohio State University. Through a series of both fortunate and unfortunate events, perfect timing and a little faith, I was able to transfer to Ohio State and begin to finish my Master's degree. I was able to help build the Collegiate recovery Community and Recovery House for the estimated 950 Ohio State students seeking help for their substance use disorder.

It's an exciting time to be a student in recovery at Ohio State. At the start of the spring 2014 semester, there were 35 students in recovery who identified themselves to me. This number continues to rise and is only the tip of the iceberg. Programming for the Collegiate Recovery Community this year has included a monthly educational workshop addressing the nine dimensions of wellness, a recovery tailgate, a screening of the documentary *The Anonymous People*, rock climbing, bowling, free meals and public speaking opportunities to share our stories. There is a weekly support group meeting for the students in recovery plus a weekly on-campus Alcoholics Anonymous meeting.

Beginning fall 2014, the Recovery House at Penn Place will open for students to live in. It is a 28-bed residence hall that will allow the students to have a traditional dorm experience while being surrounded by peers in recovery. There will also be an academic scholarship for a student beginning fall 2014 as well.

We are lucky to be at an institution that puts such high value on recovery and wellness. The Collegiate Recovery Community is being coordinated out of the Student Life Student Wellness Center, where they initially had the vision for this program. University Housing has been a tremendous partner in creating the Recovery House at Penn Place. The College of Social Work has shared their space with us to allow weekly support group meetings to take place on campus. Additional Student Life partners, including Student Health services and Counseling and Consultation Services, have ensured the success of the program and shared their time, resources and support with us.

One of my colleagues describes collegiate recovery programs as "the epitome of social justice." As a new social worker, I feel honored to be able to represent the recovery community on campus, advocate for our needs, build a meaningful program and have a ton of fun doing it. For more information on the Collegiate Recovery Community at Ohio State, visit [go.osu.edu/recovery](http://go.osu.edu/recovery) or email me at [nerad.1@osu.edu](mailto:nerad.1@osu.edu).





### Communities that Care Coalition of Lorain County Honors City of Avon Lake for Tackling Addiction

Communities that Care of Lorain County recognized the City of Avon Lake for its work in building a drug-free community during the coalition's advisory board meeting on March 4. The coalition's "You're a Champion!" award recognizes communities, organizations and individuals who tackle substance abuse and addiction issues head-on. The coalition selected the City of Avon Lake for its efforts to address the area's opiate epidemic — including town hall meetings, educational sessions, connecting community members with support groups and its opening of a wellness center.

*(Pictured l-r) Lisa Goodwin, program coordinator, City of Avon Lake, Parks and Recreation Department; Greg Zilka, mayor, City of Avon Lake; Elaine Georgas, executive director, Alcohol and Drug Addiction Services Board of Lorain County and fiscal agent, Communities That Care of Lorain County.*

### Ohio Department of Medicaid Balancing Incentive Program (BIP)

The balancing incentive program grant supports states that undertake activities to transform their long-term care systems by increasing access and use of non-institutional long-term services and supports (LTSS). The BIP aims to accomplish this for LTSS by: improving system performance and efficiency, creating and using tools to help consumers with care planning and assessment for LTSS and improving quality measurement and oversight. One component of the Ohio Department of Medicaid's BIP is the establishment of no-wrong-door (NWD)/single-entry-point (SEP) agencies. ODM is planning to release a Request for Information (RFI) in spring 2014 seeking responses from entities interested in participating in the Ohio BIP as a NWD/SEP agency for LTSS. NWD/SEP agencies will be asked to do the following for any person of any age expressing an interest in LTSS:

- 1) Accept inquiries about long-term services and supports (LTSS) (via in-person, website or Ohio's 1-800 number).
- 2) Conduct a level 1 screen for LTSS.
- 3) Must have accessibility for older adults and people with disabilities, including users of public transportation.
- 4) Provide comprehensive information about LTSS.
- 5) Provide support navigation services - a person or system to assist people from level 1 screen to enrollment in services.
- 6) Coordinate with county departments of Job and Family Services for Medicaid financial eligibility determination.
- 7) Refer to the appropriate Level 2 Assessment entity to provide community LTSS program options counseling and enrollment assistance.
- 8) Refer to the appropriate Level 2 Assessment entity to assist people with selection among services and programs for which they are qualified after eligibility determination.
- 9) Utilize standardized processes for:
  - a. Providing information about community LTSS options.
  - b. Providing referrals to community LTSS options.
  - c. Level 1 screening.
  - d. Eligibility determination.

## News & Research Roundup

### SAMHSA Report: 18 Percent of American Adults Have Mental Illness

A new [report](#) from the federal Substance Abuse and Mental Health Services Administration (SAMHSA) provides an overview of the nature and scope of mental illness within each state and the District of Columbia. The report concludes 42.5 million American adults, or 18.2 percent of the adult population, suffers from some form of mental illness. About 4 percent suffers serious mental illness that impedes day-to-day activities. "This report shows that, while the percentages vary, people in every state experience mental illness," SAMHSA Administrator Pamela S. Hyde said in a [news release](#). Findings from this report will help state and local public health officials and others address the mental health needs of the people in their communities.



## News & Research Roundup, cont.

### Mental Health America Releases Affordable Care Act Toolkit

Mental Health America has published a free [Affordable Care Act Toolkit](#) with information and resources designed to assist individuals with open enrollment for the Health Insurance Marketplace.

### Study: Risk Factors for Development of Major Depression Differ Among Genders

Kenneth Kendler, M.D., professor in the departments of Psychiatry and Human and Molecular Genetics at Virginia Commonwealth University School of Medicine, led a study identifying factors that distinguish the onset of major depression between men and women. The study, "Sex Differences in the Pathways to Major Depression: A Study of Opposite-Sex Twin Pairs," is published in [AJP in Advance](#). Kendler and colleagues assessed 1,057 adult opposite-sex dizygotic twin pairs for the incidence of major depression within a given year, as well as 20 risk factors that may contribute to such incidences. The results showed that 11 of the 20 risk factors differed across gender lines as they relate to the development of major depression. Parental warmth, neuroticism, divorce, social support and marital satisfaction had the strongest impact on depression in women, whereas childhood sex abuse, conduct disorder, drug abuse, history of major depression and distal and dependent proximal stress life events had the largest impact in men. To read more about differences in depression between men and women, see the *Psychiatric News* article, [Do Men Experience Depression Differently From Women?](#)

### SAMHSA's National Prevention Week 2014 is May 18-24

[National Prevention Week](#) is a SAMHSA-led annual health observance dedicated to increasing public awareness of, and action around, substance abuse and mental health issues. The observance brings together individuals, organizations, coalitions, states and communities through local events to promote substance abuse prevention and mental health. National Prevention Week 2014 will take place this year from May 18-24. This year's theme is, "Our lives. Our Health. Our Future." Visit [www.samhsa.gov/prevention-week](http://www.samhsa.gov/prevention-week) to learn more and promote your organization's awareness events and highlight year-round prevention efforts.

### Report: Alarming Rise in American Adults Taking Medications for ADHD

The number of young adults in the U.S. taking medications for attention deficit hyperactivity disorder (ADHD) nearly doubled from 2008 to 2012, according to Express Scripts, the nation's largest prescription drug manager, [The New York Times](#) reported. In processing prescriptions for 90 million Americans, Express Scripts found that almost one in 10 adolescent boys were taking prescription medications for the disorder — usually prescription stimulants like Adderall, Ritalin or Concerta. These prescribed medications help improve common symptoms associated with ADHD, like severe inattention and hyperactivity, sleep deprivation, appetite suppression and, more rarely, hallucinations. Some experts noted the [new research report](#) provides clear evidence that ADHD is being diagnosed and treated with medication in children far beyond reasonable rates, and that rapidly increasing diagnoses among adults might indicate similar problems.

### Law Enforcement Concerned About Potentially Addictive Drug Kratom

Law enforcement officials are concerned about a potentially addictive drug called kratom, which is sold as a tea in head shops, according to [USA Today](#). Young men are posting testimonials about the drug on YouTube, the article notes. Kratom is a tropical tree found in Southeast Asia. Its leaves are sold in the United States as a pill or powder to stir into drinks, the article notes. "Kratom has been described as producing both stimulant and sedative effects," the Drug Enforcement Administration (DEA) states on its [website](#). "At low doses, it produces stimulant effects, with users reporting increased alertness, physical energy, talkativeness and sociable behavior. At high doses, opiate effects are produced, in addition to sedative and euphoric effects. Effects occur within 5 to 10 minutes after ingestion and last for 2 to 5 hours. Acute side effects include nausea, itching, sweating, dry mouth, constipation, increased urination, and loss of appetite." Some people who abuse prescription painkillers use kratom to alleviate the effects of opioid withdrawal. The drug is not monitored by any national drug abuse surveys, so it is not known how many people use it. The drug is widely available on the Internet, according to the DEA. It is not approved for any medical purpose in the U.S.

### New Practitioner's Resource Guide

SAMHSA has released [A Practitioner's Resource Guide: Helping Families to Support their LGBT Children](#). The guide offers information and resources to help practitioners throughout health and social service systems implement best practices in engaging and helping families and caregivers to support their lesbian, gay, bisexual and transgender (LGBT) children.



## 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:

- April 8 — [\*Foundations of Integrated Mental Health and Substance Abuse\*](#)
- April 10 — [\*Housing: Integrated State-Wise Approaches for People with Mental and Substance Use Disorders \(Cincinnati\)\*](#)
- April 15 — [\*Stage-Wise Treatment for Integrated Co-occurring Disorders\*](#)
- April 16 — [\*Foundations of Motivational Interviewing, Part 2 \(Central Region\)\*](#)
- April 17 — [\*Housing: Integrated State-Wise Approaches for People with Mental and Substance Use Disorders \(Columbus\)\*](#)
- April 24 — [\*The Spirit of Motivational Interviewing for Peer Supporters and Recovery Coaches\*](#)
- April 24 — [\*Overview of Evidence-Based Supported Employment for Peer Supporters and Recovery Coaches\*](#)
- April 24 — [\*A Breath of Fresh Air: Promoting Health-Behavior Change Among People with SPMI \(Cincinnati\)\*](#)
- April 30 — [\*Medication-Assisted Treatment for Opioid Use Disorders \(Video Conference\)\*](#)

### Hancock County ADAMHS Board Sponsoring Mental Health First Aid Trainings

The Hancock County Alcohol, Drug Addiction and Mental Health Services Board will sponsor a series of Mental Health First Aid trainings throughout 2014. Space is limited to 25 participants at each training. Dates include:

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|--|--|
| <p><b>April 24-25</b><br/>St. Andrew's United Methodist Church, Room 201<br/>120 Sandusky St., Findlay, OH 45840</p> | <p><b>May 16-17</b><br/>The University of Findlay - Gardner Fine Arts Pavilion, Malcom Dining Room</p>   |
| <p><b>June 12-13</b><br/>St. Andrew's United Methodist Church, Room 201<br/>120 Sandusky St., Findlay, OH 45840</p>  | <p><b>Sept. 26-27</b><br/>The University of Findlay - Gardner Fine Arts Pavilion, Malcom Dining Room</p> |

Learn more at [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org). To register, contact Zachary Thomas, Director of Wellness & Education, Hancock County ADAMHS, 419/424-1985 or [zthomas@yourpathtohealth.org](mailto:zthomas@yourpathtohealth.org).

### NAMI Stark County to Host "Peer-to-Peer" Recovery Program Starting March 17

NAMI Stark County will offer a free, 10-week "Peer-to-Peer" recovery program for people who have been diagnosed with a mental illness. The program meets once a week on Mondays for 10 weeks, beginning Monday, March 17 at the Alliance Science Hill Community Church, 12316 Beeson St. NE. Topics discussed include: how to reach and stay in recovery, how to manage symptoms, how to write an advanced directive, how to deal with past/current problems and information about different diagnoses. For questions or to register, call NAMI Stark County at 330/455-6264.

### Ohio Center for Advocacy Training and Support, Inc. Speaker's Bureau Training — March 27

The Ohio Center for Advocacy Training and Support, (OCATS) Inc., will host its Northeast Ohio Speaker's Bureau Training March 27 at NAMIOhio, 1225 Dublin Road, Suite 125, Columbus. Seating is limited to 20 individuals. Participants will learn how to present on combating the stigma and myths associated with mental health and addiction recovery. For more information, contact Lisa Marie Griffin, OCATS president at 330/983-7635 or email [lisa.mgriffin@yahoo.com](mailto:lisa.mgriffin@yahoo.com).

### Strategies for Addressing Disruptive Behavior and Social Skill Difficulties in School and Home — March 27

The Ohio Coalition for the Education of Children with Disabilities and SST 10 will present "Strategies for Addressing Disruptive Behavior and Social Skill Difficulties in School and Home" March 27 at The Crystal Room, 845 W. Market St., Troy, Ohio 45373. This is a full day of intensive training experience for parents and educators who want to increase their knowledge and acquire specific intervention skills to maximize the success of children with behavioral challenges. Through case-studies, video clips, and group activities, Dr. David Meichenbaum will present practical strategies and applied tools that can be implemented immediately in daily interactions and practice. Through the use of scientific-based strategies and practical, hands-on training, Dr. Meichenbaum gives the audience the key to unlocking the potential of children with severe behavioral challenges. Certificates with contact hours, Ohio Department of Developmental Disabilities Continuing Professional Development Units, Social Worker, Counselor, Family & Marriage Therapist Units, and Step Up To Quality Units will be available. Click [here](#) for more information.



## Training Opportunities, cont.

### Trauma in Individuals, Families and Organizations and The Process of Recovery — April 7

The Wood County Alcohol, Drug Addiction and Mental Health Services Board in partnership with the Wood County Educational Service Center, Wood County Safe Schools and Healthy Students Initiative, Wood County Juvenile Court, Children's Resource Center and Bowling Green State University's College of Health and Human Services will host "Trauma in Individuals, Families and Organizations and the Process of Recovery" April 7 from 9 a.m. to 12:30 p.m. at the BGSU Bowen-Thompson Student Union Grand Ballroom. The workshop will be presented by Dr. Sandra L. Bloom, a board-certified psychiatrist, international trauma expert, author and associate professor of Public Health at Drexel University. Dr. Bloom is co-founder of the Sanctuary Institute and developer of the Sanctuary Model of trauma-informed organizational and culture change. The workshop is free, however, [online registration](#) is required.

### 41st Annual Kentucky School of Alcohol and Other Drug Studies — July 13-17

Kentucky's 41st annual Kentucky School of Alcohol & Other Drug Studies (KSAODS) will be held July 13-17, 2014, at the Crowne Plaza in Louisville, Ky. Each year, as many as 700 professionals from the alcohol and drug treatment, mental health, prevention and other related fields from Kentucky, Indiana and Ohio gather to hear from national and state leaders on the up-and-coming theories of practice in behavioral health world. This year will feature 56 workshops and 46 presenters, including several national speakers offering insight on current topics in the field. Cost is \$450 for the entire week, or \$125/day. [Registration](#) opens May 1.

### Youth Leadership Forum for Students with Disabilities — Aug. 3-7

The Governor's Council on People with Disabilities is currently seeking delegates to attend the 2014 Youth Leadership Forum on Aug. 3-7. More than 40 high school juniors and seniors with disabilities will be selected to attend the free training in Columbus. Interested students must mail a completed [application](#) to the Governor's Council staff office **no later than March 31, 2014**. Applicants will receive a letter confirming receipt of application materials. Learn more about YLF [here](#).

### Generation Rx University Conference — Aug. 5-7

Registration is now open for the [2014 Generation Rx University Conference](#) to be held Aug. 5-7 at The Ohio State University Blackwell Inn & Conference Center. Cost is \$250 for general attendees and \$150 for current students.

### Save the Date! 2014 Addiction Studies Institute — Aug. 6-8

The Ohio State University Wexner Medical Center Talbot Hall will host the 2014 Addiction Studies Institute Aug. 6-8 at the Greater Columbus Convention Center. The Institute is the largest midwest conference of its kind, providing an array of dynamic educational choices for the chemical dependency counselor, social worker, prevention specialist, criminal justice professional, clergy, physician, marriage and family therapist, nurse and other health care specialists. Sessions range from entry-level to advanced. More details will be available in coming months on the [Institute website](#).

### Save the Date! National Loss Team Conference — Sept. 9-10

The Ohio Suicide Prevention Foundation, in partnership with the National Loss Team Committee, will host the 2014 National Loss Team Conference "Postvention, It's About Time!" Sept. 9-10 at the Embassy Suites Hotel — Columbus Airport. Frank Campbell, Ph.D., will serve as keynote. For more details, contact Carolyn Givens at 614/429-1528 or [carolyngivens@ohiospf.org](mailto:carolyngivens@ohiospf.org).

### Save the Date! 50th Anniversary ICCA Conference — Sept. 14-17

The International Community Corrections Association (ICCA) will hold its 50th Anniversary Conference Sept. 14-17 in Cleveland. Watch the [ICCA website](#) for more details in the coming months.

### Call for Presentations: 12th Annual MI/DD Conference — Sept. 16-17

The National Association for the Dually Diagnosed ([NADD](#)) is [seeking proposals](#) for 90-minute presentations and three-hour skill-building workshops for the State of Ohio 12th Annual MI/DD Conference slated for Sept. 16-17 at the Crowne Plaza Columbus North. The deadline for submissions is **Friday, April 18**.