

Ohio Counties 'Stepping Up' to Challenge of Reducing the Number of Persons with Mental Illnesses in Jails



Former Ohio Supreme Court Justice Evelyn Lundberg Stratton speaks at the Ohio Stepping Up Summit on June 16.

Ohio has joined a growing national effort to reduce the number of persons with mental illness who cycle through county jails. State and county officials convened in Columbus on June 16 to learn how the ***national Stepping Up Initiative*** is bringing local criminal justice and behavioral health systems together to improve public safety, access to services and treatment outcomes.

More than 150 people from 23 Ohio counties were represented with inter-professional teams from law enforcement, criminal justice and the mental health services system.

Ohio is one of a handful of states that has been on the cutting edge of efforts to advance local initiatives to shift the state's reliance on jails and prisons as the primary mental health providers towards a system that diverts people with mental illness to community-based treatment options.

Retired Ohio Supreme Court Justice Evelyn Lundberg Stratton serves as the Project Director for ***Ohio's Stepping Up*** Steering Committee, which includes members representing the Office of Gov. John Kasich, the Office of the Ohio Attorney General, the National Alliance on Mental Illness of Ohio, the Ohio Department of Mental Health and Addiction Services, the County Commissioners Association of Ohio, as well as other mental health and criminal justice stakeholder organizations.

The Stepping Up Initiative was launched in May 2015 as a partnership of The Council of State Governments (CSG) Justice Center, the National Association of Counties and the American Psychiatric Association Foundation. To date, more than 270 counties in 41 states have passed resolutions in support of Stepping Up.

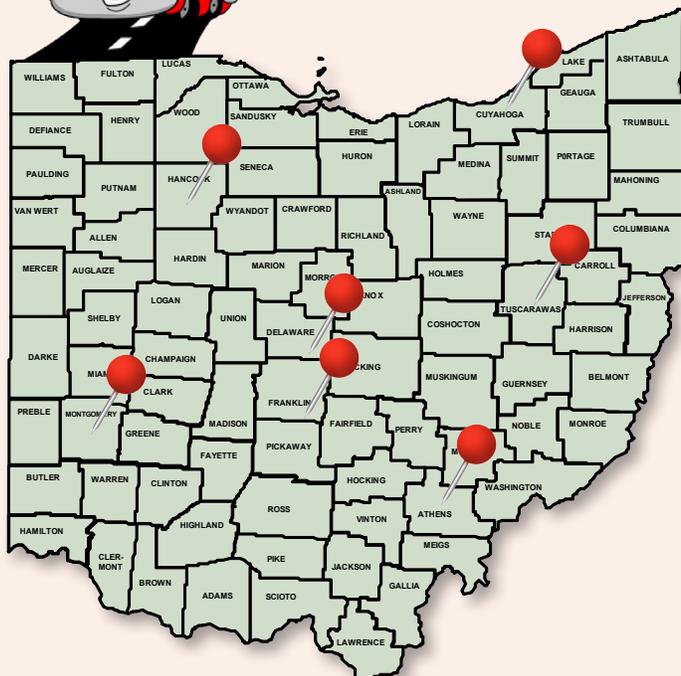
[View more photos](#) from the Summit.

THE STEPPING UP INITIATIVE





On the Road with Director Plouck



A brief recap of Dir. Plouck's public activities this month:

- 6.1-2 Provided opening remarks and presented in Ohio's 2016 Recovery Conference and Board Empowerment Summit.
- 6.6 Met with Tuscarawas County administrators about expanding Medication-Assisted Treatment.
- 6.7 Met with Montgomery County Common Pleas Court Judge Gregory Singer in Dayton to discuss plans for a potential crisis stabilization center at the Bennett J. Cooper Reentry Center.
- 6.13 Visited the *May Dugan Center* in Cleveland to learn about their Trauma-Informed Classroom.
- 6.15 Along with Office of Health Transformation Director Greg Moody and Ohio Medicaid Director John McCarthy, participated in a joint meeting for stakeholders and interested parties regarding *Behavioral Health Redesign*.
- 6.16 Provided luncheon remarks at the Ohio Stepping Up Summit.
- 6.22-23 Provided remarks at the 3rd annual Ohio Trauma-Informed Care Summit.
- 6.27 Participated in Community Opioid Forum in Findlay hosted by U.S. Rep. Bob Latta.
- 6.28 Provided opening remarks at 2016 Ohio Promoting Wellness and Recovery Conference in Athens.

More than 1,100 Attend Ohio's Inaugural Recovery Conference

With a goal of strengthening and empowering the recovery community in Ohio, the Ohio Association of County Behavioral Health Authorities (OACBHA), in partnership with the Ohio Department of Mental Health and Addiction Services (OhioMHAS), hosted Ohio's 2016 Recovery Conference. More than 1,100 individuals in recovery and family members attended the two-day conference.

"We were beyond pleased to host Ohio's 2016 Recovery Conference," said OACBHA CEO Cheri Walter. "This first-ever conference of its kind in Ohio provided a tremendous opportunity to bring individuals in recovery from mental illness and addiction together from throughout our great state to celebrate recovery."

"As an individual in long-term recovery, I truly believe that Recovery Is Beautiful, and we saw the beauty of recovery at this conference. I'm so honored to have been able to be part of it," she said.

Kim Fraser, executive director of the Lake County ADAMHS Board and current OACBHA president, added, "Ohio's 2016 Recovery Conference demonstrated our commitment to individuals in recovery from throughout Ohio. We are so thankful for all of the support for this conference. From the sponsors, community partners, and supporters to the speakers, volunteers and attendees, everyone truly came together to support individuals in recovery and celebrate recovery in a way we don't do often enough."

Ohio's 2016 Recovery Conference was one of the largest recovery events in Ohio offering education and information on topics such as advocacy, empowerment, job-skills development and employment readiness, peer supports and services, community involvement, cultural competency, self-care, wellness and more.

"This has been such an exciting and moving experience," said OhioMHAS Director Tracy Plouck. "For many Ohioans this was a first-ever opportunity to celebrate recovery as a community."

Click [HERE](#) to view conference presentations. [View](#) more photos.



OhioMHAS Director Tracy Plouck shares remarks.

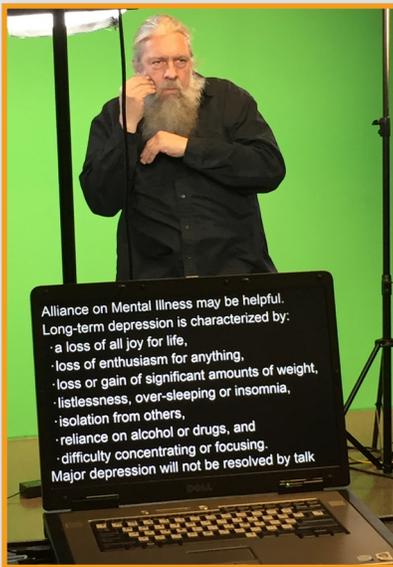
Lived-Experience Panels Highlight of TIC Summit and Institute

To understand the lasting impact trauma can have on an individual, more than 350 professionals from throughout Ohio attended the third annual Trauma-Informed Summit and Institute held June 22-23 in Columbus. As part of the Summit, which was co-sponsored by OhioMHAS and the Ohio Department of Developmental Disabilities, two panels consisting of five individuals shared their experiences living with the effects of [trauma](#).

TOP PHOTO: (from left) Sondra W. and Latisha M. shared their lived experience along with Jennifer B. (not pictured). Both panels received standing ovations following their presentations.

[View more photos.](#)

BOTTOM PHOTO: (from left) Tim Kelly, project officer, HHS Administration on Children and Families Office of Refugee Resettlement; Jhuma Acharya, treasurer, Bhutanese Nepali Community of Columbus; Roslyn Holliday Moore, public health analyst, SAMHSA Office of Behavioral Health Equity; Dr. Surendra Bir Adhikari, OhioMHAS Health Disparities lead and Dr. Elina Shakya of Summa Physicians, Inc. (not pictured) provided a day-long "Trauma in Refugees and Immigrants: Interventions and Cultural Humility" Institute as part of the Summit. The Institute featured: an overview of trauma in Bhutanese refugees; clinicians' experience in treating anxiety, depression and trauma among refugee populations; federal government perspectives on programming to address trauma in refugees/survivors of torture and viewpoints from the Bhutanese community regarding the prevalence of physical and behavioral health as well as resilience in the community.



Ohio Association of the Deaf, Inc., President Vern Taylor Jr. uses the aid of a TelePrompTer while recording a video on suicide prevention.

New Behavioral Health Resources for Ohio's Deaf Community

The OhioMHAS [Disparities and Cultural Competence Advisory Committee](#) is pleased to announce the release of three new behavioral health resources for Ohio's deaf and hard-of-hearing community. The DACC Committee partnered with Ohio Association of the Deaf, Inc., President Vern Taylor to record videos in American Sign Language (ASL) that focus on alcohol and drug addiction, suicide prevention and the impact of trauma on lifelong wellness. Click the links below to view the videos.

What is Drug and Alcohol Addiction?



[Video](#) | [Audio](#)

Suicide Prevention. Talk. Listen. Reach Out.



[Video](#) | [Audio](#)

Traumatic Events Can Impact Wellness



[Video](#) | [Audio](#)

Start Talking!

Building a Drug-Free Future

Help Keep Kids Drug-Free This Summer: Start Talking!

Summer break is upon us, and for tweens and teens this means no homework, plenty of free time and less supervision. While a majority of youth will find healthy ways to keep busy, some, unfortunately, will use their unsupervised freedom to experiment with drugs and alcohol. Now that your kids are no longer in school, how can you be sure that they will stay out of trouble this summer? How do you know that they won't get involved with drugs? It's time to Start Talking!



Sarah Smith

Ohio Gov. John R. Kasich and First Lady Karen W. Kasich launched the Start Talking! youth drug prevention initiative to give parents, guardians, educators and community leaders the tools to start the conversation with youth about the importance of living healthy, drug-free lives. Whether it's at the swimming pool, on the baseball diamond, around a campfire or at a family picnic, Start Talking! gives adults research-based tools and resources to

help prevent substance abuse before it starts.

Start Talking! is rooted in national research that shows teens whose parents talk to them about the dangers of drugs are up to 50 percent less likely to use than children who do not have these critical conversations with a trusted adult.

The initiative features three main components:

- 1) Know! provides free, twice-monthly emails that offer Parent Tips to families to help them talk about the risks and consequences of drug abuse.
- 2) Parents 360Rx features a free, downloadable toolkit to help communities come together to support local prevention efforts. The toolkit includes a video, discussion guide, handouts and other resources to decrease the risk of children taking illegal drugs or abusing prescription medicines.
- 3) 5 Minutes for Life is a program led by the Ohio State Highway Patrol, the Ohio National Guard and local law enforcement, in partnership with high schools and

the Ohio High School Athletic Association (OHSAA).

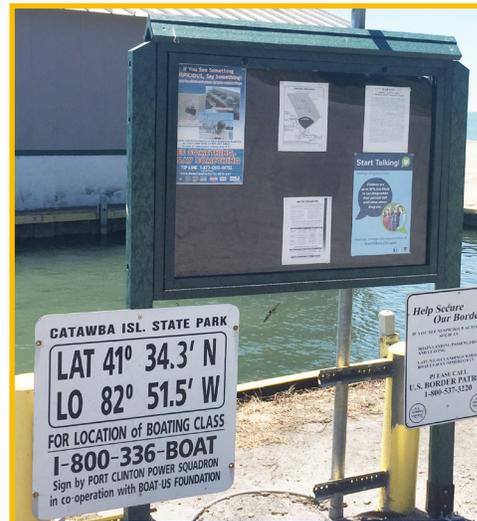
Troopers, law enforcement officers and Guard members talk to student athletes to encourage them to become ambassadors who lead peer-to-peer conversations that promote healthy lifestyles.

More ways you can encourage your kids to make smart, healthy decisions this summer include:

- 1) Take advantage of life's teachable moments to reinforce the drug-free message.
- 2) Don't let them go to unsupervised parties.
- 3) Maintain an open channel of communication.
- 4) Keep unsupervised time to a minimum.
- 5) Always know who they're with and what they're doing.
- 6) Acknowledge and reward positive behaviors.
- 7) Encourage them get involved in summer activities.
- 8) Help them find a job.
- 9) Set a good example.

We all can play a role in preventing youth drug use. Don't underestimate the effect that the things that you say and do have on shaping your children's opinions and attitudes on life. Be upbeat and driven, compassionate and caring, a role model, a talker and a listener.

Visit www.StartTalking.ohio.gov to get the conversation started. Have a safe, healthy summer!



Start Talking! poster on display at Catawba Island State Park marina. The Ohio Department of Natural Resources has been posting resources in state parks, camp grounds, lodges and elsewhere.



Hospital Admin, Patients Coordinate to Recognize Staff "Shining Stars"

Hospital administrators and patient volunteers at Summit Behavioral Healthcare are teaming up to recognize good work through the introduction of monthly "Shining Star" awards. The award is presented to a hospital employee who exemplifies acts of teamwork, integrity, initiative, professionalism and overall positive attitude toward his/her work with patients and coworkers. Individuals are nominated by their peers. Winners receive a certificate, photo and recognition on the hospital's intranet, name engraved on plaque displayed in the treatment mall, a designated parking spot near entrance doors and a \$10 gift certificate to the hospital commissary. Patient volunteers design and create greeting cards as a means of self-expression, as well as showing appreciation to winning staff. *Pictured: Dr. Rachel Thompson is recognized as a Shining Star.*

Peer Supporter Takes to Airwaves to Promote Recovery, Offer Hope

Stark County peer support specialist Michelle Beyer is using her lived experience and her voice to bring hope and healing to individuals and families impacted by addiction and mental illness.



Beyer: a voice of hope and recovery.

Beyer, who is in long term recovery and provides peer support to patients at Heartland Behavioral Healthcare in Massillon, hosts the **Addiction: Voices of Hope** radio program every Wednesday and Thursday afternoon at 1:30 p.m. on WNPQ 95.9 FM in Canton.

The New Jersey native launched the program three years ago with support

from Quest Recovery & Prevention Services, PAL Mission, Phoenix House, Stark County Anti-Drug Coalition and Malone University.

"My basic desire in life is to help people," Beyer said. "I saw a need when I was a co-host for a classic rock station in Marion for information, help and some kind words. I started thinking about how I could help. I had access to a radio station where I could do whatever I wanted. That is where "Addiction, Voices of Hope" was born."

Each week, Beyer connects with a special guest to share insights on a wide range of topics such as stigma, suicide, recovery, overdoses, housing and more. These testimonials have become the bread-and-butter of her programs.

"When someone tells their journey, whether they know it or not, they may have just saved a life," Beyer said. "It is so important to share stories of recovery, hardships and concerns."

Recently, Beyer interviewed OhioMHAS Bureau of Recovery Supports Chief Mindy Vance about Ohio's new certified peer support specialist certification process

that takes effect July 1. An audio podcast of that program, and others, can be accessed [online](#).

Things weren't always so upbeat. Beyer struggled with substance abuse, was diagnosed with a co-occurring mental illness and even spent time in jail before finding her pathway to recovery and wellness. It's those experiences, though, that fuel her passion to help others.

"I just want others in recovery to know there is always hope!" she said. "Every day is a new day. Don't look back — you may just have missed a door that opened in front of you. Think of sobriety as air. You need air to live. You need sobriety to live."

Beyer always ends each show with this advice: "Love yourself. You must always love yourself. Never ever give up no matter how many roadblocks are in your way. Barrell through them all and keep your eye on the prize, that is you."



Grant Helps Address Behavioral Health Needs in Mahoning County Emergency Departments

The Mercy Health Foundation — Mahoning Valley and the Mahoning County Mental Health and Recovery Board have partnered to renovate and unveil two new safe rooms for the care and treatment of patients with behavioral health issues at St. Elizabeth Boardman Hospital and Mercy Health's St. Elizabeth Emergency and Diagnostic Center in Austintown.

The Mental Health Board provided a \$120,000 grant to complete necessary renovations. The rooms provide a safe, stable environment designed to minimize or eliminate any potential harm to the patient or those around him/her. These two safe rooms expand upon a program started at St. Elizabeth— Youngstown Hospital where similar rooms for behavioral health patients are already in use.

"We are very pleased to collaborate with Mercy Health to provide the citizens of Mahoning County with the full spectrum of behavioral health care," said Duane Piccirilli, executive director of the Mahoning Mental Health and Recovery Board. "The Board understands the importance of safe rooms for our consumers in Mercy Health's Austintown and Boardman emergency departments."

"We are grateful for this partnership ... The Foundation is always seeking ways to build a healthier Mahoning Valley," added Paul Homick, Jr., Mercy Health Foundation — Mahoning Valley president.



Genie Aubel (fourth from left), president, St. E's Boardman, and Paul Homick, Jr. (far right), president, Mercy Health Foundation — Mahoning Valley, recently welcomed members of the Mahoning County Mental Health and Recovery Board to the emergency department. Pictured are (from left) Patricia Sciatetta, William Gambrel, Ruth Mastriana, Aubel, Duane Piccirilli, Edgar Manning, Anne Cobbin and Homick.

Columbiana County Expands Housing

The Counseling Center of Columbiana County held a grand opening celebration this month for the \$1.75-million Hornsby House, an eight-unit supportive housing project for individuals with severe and persistent mental illness and/or co-occurring substance use disorders. OhioMHAS invested \$500,000 in the project, which also includes a two-apartment duplex in East Liverpool.

Pictured (l-r): Leah Werner, Corporation for Supportive Housing; Scott Mingus, J. Herbert Construction Co.; Les Zapor, architect; Joseph Shemasek, Farmer's National Bank; Roger Sikorszky, Counseling Center; John Byczkowski, Federal Home Loan Bank of Cincinnati; Thelma Rist, Columbiana County Mental Health and Recovery Services Board; Shawna L'Italien, Counseling Center; Kathie Chaffee, MHRS Board; Terrie Kyser, Counseling Center; Doug Garver, Ohio Housing Finance Agency; Bernie Bennett, Columbiana Metropolitan Housing Authority; Doug Bailey, OhioMHAS; and John Stock, developer.



Problem Gambling Treatment Supervision Fellowship Graduates First Cohort

The OhioMHAS Problem Gambling Treatment Supervision Fellowship program graduated its inaugural group of Fellows in June 2016. OhioMHAS supplied a competitive grant that resulted in coordination of the program by Recovery Resources of Cleveland and instructor-led by Heather Chapman, Ph.D., NCGC II, BACC, director of the Gambling Treatment Center at the Louis Stokes Cleveland VA Medical Center. The Fellows worked with Dr. Chapman for nine months to learn the intricacies of problem gambling treatment and best practices in supervising clinicians in this specialty area. *Pictured (l-r): Dr. Heather Chapman; Marilyn Rule of Zepf Center in Toledo; Bryan Traband of the Cleveland VA; Joshua Francis, a private practitioner in Tipp City and Assistant Professor at Wright State University; Scott Knapp of Recovery Resources in Cleveland; Mike Rosen of the Center for Addiction Treatment in Cincinnati; and OhioMHAS staff Scott Anderson and Stacey Frohnapfel-Hasson.*

Lorain County Launches New Initiative to Connect Individuals With Treatment

Individuals seeking help for their substance use can now walk into most police stations throughout Lorain County at any time of day or night. Through a partnership between the [Alcohol and Drug Addiction Services Board of Lorain County](#), [Let's Get Real](#), [The LCADA Way](#) and local police departments, Lorain County's Initiative offers individuals and family members the opportunity to begin their journey of recovery. The program is modeled after the [Police Assisted Addiction Recovery Initiative](#) which began in Gloucester, Mass.

Let's Get Real, a recovery community organization, will provide around-the-clock, on-call peer support specialists who will meet with the individual and/or family member within 75 minutes of being contacted by the police department.



Alcohol and
Drug
Addiction
Services Board

"When people are reaching out for help, having someone who knows what they are going through can be so valuable," said Kim Eberle, executive director at Let's Get Real.

Each specialist has access to next-day assessment scheduling through the LCADA Way's 24-hour helpline, knowledge of local/regional treatment services, along with a variety of recovery and family supports.

"The heroin epidemic continues to devastate communities," said Christine Robinson, director of program services at the ADAS Board. "In fact, in the first quarter of this year, Lorain County has seen 34 overdose deaths according to our coroner."

"The ADAS Board acknowledges the leadership of law enforcement partnering with treatment and recovery community organizations to open additional doors to recovery individuals and families struggling with addiction."



Long-time mental health advocate Pat Risser (center) poses for a photo with OhioMHAS Director Tracy Plouck and Thom Craig, director of Mental Health programs for the Margaret Clark Foundation, at the inaugural Ohio Recovery Conference.

Long-Time Mental Health Advocate Remembered

Pat Risser, a staunch mental health advocate and trauma-informed care champion passed away in the presence of his wife and few friends on June 15. Pat was born in Ashland, Ohio on Sept. 24, 1952.

Pat worked tirelessly as an advocate and was active with the mental health peer recovery center, *Lifeworx*. He worked to help clients have their own voice. According to Pat, "Not just some weak squeaky whimper, but a strong and loud and clear voice."

Pat understood and promoted trauma-informed care as perhaps nobody else could, serving as a trainer for the National Center for Trauma-Informed Care.

His favorite quote, according to friends and colleagues, was, "I don't believe in 'mental illness'. My thoughts, moods, feelings and emotions are not a disease, disorder or an illness. They are me. They are the essence of my being and what makes me a unique human being."

We have all lost a unique human being.

Fresh A.I.R. Gallery to Host "Paintings in Paper" Exhibit

Fresh A.I.R. (Artists in Recovery) Gallery will feature "Paintings in Paper," a new exhibit from artist Elizabeth Haworth-Wagner, through July 29.

Haworth-Wagner is a Columbus-based fiber artist whose collages explore connections between physical and spiritual worlds, including questions about life, death, the afterlife and rebirth. In 2013, Elizabeth lost her husband of 37 years. After his sudden death, she suffered from the effects of depression, post-traumatic stress disorder and a diagnosed condition known as "Broken Heart Syndrome." Her artwork has been a crucial part of her recovery.

Since opening its doors in September 2004, *Fresh A.I.R. Gallery* has shown 60 exhibitions, displaying the artwork of more than 200 artists, sold more than 250 pieces of artwork totaling over \$60,000. Many exhibits demonstrate the courage and struggles of the artists as they combat stigma and address social issues.

Fresh A.I.R. Gallery is a project of Southeast Inc., Healthcare, a comprehensive provider of mental health, chemical dependency, physical health-care and homeless services that has been serving Columbus since 1978. The Gallery is located at 131 N. High St. in Columbus and open weekdays from 8 a.m.-5:30 p.m. For more information, call 614.744.8110.



Wendy Saunders

Cincinnati Therapist First Ohioan to Earn DBT Certification

Wendy Saunders, a therapist at Greater Cincinnati Behavioral Health Services, recently became a *Dialectical Behavior Therapy* (DBT) certified clinician, in accordance with the standards of the DBT-Linehan Board of Certification. Currently, there are only 89 certified DBT clinicians in the world, and Saunders is the first in Ohio to become certified.



Sarah Nerad

Ohio Advocate to Receive National Recovery Award

Sarah Nerad, program manager for The Ohio State University Collegiate Recovery Community, will receive the Vernon Johnson "Youth & Young Adult Advocacy" Award at Faces & Voices of Recovery's *2016 America Honors Recovery Awards Dinner* on July 11 in Washington, D.C. The award recognizes individuals who have given back to their communities so that future generations can experience the reality of recovery.

News & Research Roundup

Heavy Drinking May Fuel Men's Suicide Risk During Economic Downturns

Heavy drinking may fuel the risk of suicide among men when the economy is sinking, according to [new research](#) that will appear in the July issue of *Alcoholism: Clinical and Experimental Research*. Previous studies found a link between increased suicide risk among Americans and economic downturns. So, investigators from the University of California, Los Angeles decided to examine the role alcohol plays in that association. In general, recessions are linked with an overall decline in drinking, but heavy drinking increases, particularly among people affected by the economic downturn, said study author Mark Kaplan, a professor of social welfare at UCLA. The researchers analyzed data from 16 states to compare alcohol use between suicide victims and the general population in 2005-2007, during the 2008-2009 recession and again in 2010-2011. The percentage of suicide victims who were drunk at the time of their death rose during the recession. Among men, heavy drinking among suicide victims increased more than in the general population.

Adults Who Witnessed Parental Domestic Violence In Childhood May Have Higher Suicide Risk

HealthDay recently [reported](#) that research indicates adults who witnessed parental domestic violence in childhood are at an increased risk for suicide attempts. Investigators looked at data on approximately 22,500 adults. The researchers found that approximately 17 percent of those exposed to chronic parental domestic violence (more than 10 times before age 16) had attempted suicide, compared with roughly 2 percent of those not exposed to parental domestic violence. The findings were published online in *Child: Care, Health and Development*.

Depressed Patients Who Attempt Suicide Four Or More Times May Have Higher Risk Of Eventually Dying By Suicide, Research Suggests

Depressed patients who attempt suicide four or more times have a higher risk of eventually dying by suicide compared with their depressed peers who have never attempted suicide or who have done so fewer times, [new research](#) suggests. The findings of the 683-patient study were presented at the American Psychiatric Association's annual meeting. Meanwhile, APA president and study coauthor Maria Oquendo, M.D., said "physicians need to 'readjust their view of the multiple suicide attempter as someone who is just trying to get attention.'" She added, "One of the things I tell my students is, you really shouldn't use the term 'suicide gesture' because it trivializes the behavior of that individual, and if you can help get them through their rough patch, you might just save a life."

Pediatricians Should Look for Risk Factors Linked to Teen Suicide

Pediatricians should look for risk factors linked to teen suicide, the American Academy of Pediatrics advises. Risk factors include substance abuse, a history of physical or sexual abuse, mood disorders, being lesbian, gay or bisexual, and bullying, the group noted in [new guidelines](#). Suicide is the second leading cause of death among teens. The guidelines were first published in 2007, and were updated this year.



Study: Religious Service Attendance May Reduce Risk of Suicide in Some Groups

U.S. women who regularly attend religious services may be at significantly lower risk of suicide than women who have never attended religious services, according to a [new study](#) published in *JAMA Psychiatry*. While previous studies have suggested an inverse association between religious participation and suicide, these studies have largely been limited to cross-sectional or ecologic data. To prospectively explore the effect of religious service attendance on suicide, Tyler J. VanderWeele, Ph.D., of Harvard T.H. Chan School of Public Health, and colleagues analyzed data on 89,708 women aged 30 to 55 who had self-reported information on religious service participation in 1996, as a part of the Nurse's Health Study. Follow-up for suicide began with the measure of religious service attendance in 1996 and continued until suicide, loss to follow-up, or the end of follow-up in June 2010. A total of 36 suicides were identified in the population. Statistical analysis revealed that compared with women who never attended religious services, women who attended religious services once per week or more in 1996 had an approximately five-fold lower rate of suicide during the evaluated period.

Study: Medications That Help Addicts Kick Habit After Hospitalization May Be Too Seldom Used

New research suggests that medications used to "help addicts kick their habit after hospitalization are too seldom used," according to a [report](#) in *HealthDay*. The [findings](#) of the 35,000-adult study were published online June 1 in the journal *Psychiatric Services in Advance*.

News & Research Roundup, cont.

New Prescription Opioid Resource

The American Hospital Association (AHA) and the Centers for Disease Control and Prevention (CDC) have released a new resource on prescription opioids to help increase communication between health care providers and patients about the risks and benefits associated with these medications. This one-pager, [Prescription Opioids: What You Need to Know](#), is intended for both prescribers and for patients experiencing pain and who may potentially be prescribed opioids before being discharged from the hospital. The co-branded product takes an approach that urges both audiences to discuss the risks and benefits of prescription opioids, how to use these medications as safely and effectively as possible, and ways to manage pain that do not involve prescription opioids.

CDC Lists Counties at Risk of HIV, Hepatitis C Outbreaks from Injection Drug Use

The Centers for Disease Control and Prevention (CDC) has identified 220 counties throughout the U.S. that are at risk of outbreaks of HIV and hepatitis C from injection drug use. CDC researchers compiled the list after analyzing factors such as pharmacy sales of prescription painkillers, overdose deaths and rates of unemployment, [The Wall Street Journal](#) recently reported. The 220 counties are located in 26 states. Most of the counties are rural, and 56 percent are in Ky., Tenn. and W. Va., in the areas of the nation most impacted by the opioid crisis. The other counties are located throughout the country. The analysis is scheduled to be published in the *Journal of Acquired Immune Deficiency Syndromes*.

DEA: Deaths Involving Heroin More Than Tripled Between 2010 and 2014

The number of deaths in the U.S. involving heroin more than tripled between 2010 and 2014, according to a new report by the Drug Enforcement Administration (DEA). The number of people reporting current heroin use, meanwhile, also nearly tripled between 2007 and 2014, the agency said. The DEA's [2016 National Heroin Threat Assessment Summary](#) found 425,000 people said they used heroin in the past month in 2014, and 10,574 people died from the drug. Deaths due to synthetic opioids, such as fentanyl and similar drugs, increased 79 percent between 2013 and 2014. Earlier this week, the United Nations Office on Drugs and Crime released a report that estimates one million people used heroin in the U.S. in 2014, almost triple the 2003 rate. Heroin-related deaths have increased five-fold since 2000, the [World Drug Report 2016](#) found.



More Than One Million Full-Time College Students Consume Alcohol on Average Day

A new report finds 1.2 million full-time college students drank alcohol on an average day last year, while more than 700,000 students smoked marijuana, according to the Substance Abuse and Mental Health Services Administration's [A Day in the Life of College Students Aged 18 to 22: Substance Use Facts](#). On an average day, 2,179 full-time college students drank alcohol for the first time and 1,326 began using an illicit drug the report said. Among the nation's two million part-time college students, almost 240,000 drank alcohol and 195,000 consumed marijuana on a typical day. About four out of five college students drink alcohol, according to the [National Institute on Alcohol Abuse and Alcoholism](#). About half of college students who drink also consume alcohol through binge drinking. Each year, 1,825 college students between the ages of 18 and 24 die from alcohol-related unintentional injuries. More than 690,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking.

Traumatic Childhood Experiences Linked to Substance Abuse in Adulthood

A [new study](#) suggests adults who were victims of sexual and/or physical abuse in childhood, or who witnessed chronic parental violence, are at greatly increased risk of substance use. Researchers from the University of Toronto found one in five drug-dependent adults and one in six alcohol-dependent adults had experienced childhood sexual abuse, compared with one in 19 in the general population of Canada. One in seven adults who was dependent on drugs or alcohol had been exposed to chronic parental domestic violence, compared with one in 25 in the general population, the researchers report in [Substance Use & Misuse](#).

New SAMHSA Resource: Know Your Rights

SAMHSA and the U.S. Department of Labor have produced a new resource to inform individuals about their rights under the Mental Health Parity and Addiction Equity Act (MHPAEA). [Know Your Rights: Parity for Mental Health and Substance Use Disorder Benefits](#) is an online and printable brochure that provides examples of common limits placed on mental health and substance use disorder benefits and services that are now subject to parity. The brochure also provides consumers with tips on finding information about their health plan benefits and coverage and informs them on their right to appeal a claim if denied.

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:

Aug. 10 — [Regional Meetings for Integrated Behavioral Healthcare \(Akron\)](#)

Oct. 19-20 — [2016 Evidence-Based Practices Conference](#)

Ohio Teen Institute — July 18-22

The 2016 Ohio Teen Institute Leadership Conference will be held July 18-22 at Heidelberg University in Tiffin, Ohio. Students in grades 9-12 and adult allies/advisors are invited to attend. Learn more [HERE](#).

2016 Addiction Studies Institute — July 20-22

The Ohio State University Wexner Medical Center's Talbot Hall will present the 2016 Addiction Studies Institute on July 20-22 at the Greater Columbus Convention Center. The Addiction Studies 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. In addition to general sessions, participants can select from more than 55 concurrent sessions. These sessions range from entry-level to advanced. [View the conference website](#) for more information.

10 Core Competencies of Trauma, PTSD, Grief and Loss — Aug. 10-11

The Mental Health and Recovery Board of Ashland County is hosting "10 Core Competencies of Trauma, PTSD, Grief and Loss" Aug. 10-11 at the Ashland University Convocation Center. J. Eric Gentry, Ph.D., an internationally recognized leader in the field of disaster and clinical traumatology will provide the keynote address. The conference has been approved for 6.0 continuing education credits for counselors and social workers. Cost is \$125. Click [HERE](#) for more information.

National Conference on Addiction Disorders — Aug. 18-19

Join addiction treatment and behavioral health care professionals of all types working together to "Take Recovery to New Heights" at the [2016 National Conference on Addiction Disorders](#), Aug. 18-21 in Denver. The conference is recommended for addiction and mental health therapists, counselors, social workers, administrators, physicians and nurses and program executives. Click the link for complete details.

Ohio Council to Host "Clinical Practice Change: CPT Coding & Documentation for BH Providers"

The Ohio Council of Behavioral Health and Family Services Providers has scheduled a "Clinical Practice Change: CPT Coding and Documentation for Behavioral Health Providers" training on Aug. 25, 29 and Sept. 12. The trainings will be presented by Diane Zucker and held at the Crowne Plaza Columbus North — Worthington. [More information](#), including online registration, will be available soon. Questions? Contact Brenda Cornett at 614.228.0747 or cornett@theohiocouncil.org.

2016 Pediatric Mental Health Symposium — Sept. 19

Cincinnati Children's Hospital will host the 2016 Pediatric Mental Health Symposium on Sept. 19 at the Great Wolf Lodge in Mason, Ohio. The Symposium is a one-day comprehensive education event held to raise awareness of current mental health trends and their impact on mental health care for children and adolescents. Click [HERE](#) for more information or to register.

9th Annual RSVP Mental Health Recovery Conference — Sept. 28

Save the date! The Mental health and Recovery Board of Ashland County, in partnership with Disability Rights Ohio, will host the 9th Annual Respect, Success, Value, Purpose (RSVP) Mental Health Recovery Conference "Recovery: Our Journey, Our Future" on Sept. 28 in Ashland. More information will be available [HERE](#). Questions? Please contact Hillary Wertman at 419.281.3139 or hwertman@ashlandmhrb.org.

Training Opportunities, cont.

Registration Open: 2016 UMADAOP State Conference — Sept. 28-30

The 27th Annual Urban Minority Alcoholism and Drug Abuse Outreach Program (UMADAOP) Conference, themed TUTAJENGA “We Will Build,” will take place Sept. 28-30 at the Westin Hotel — Downtown Cleveland. The conference will feature an array of speakers and workshops that provide empirical and traditional knowledge, skills and tools for professionals who work with African- and Latino-American populations as it relates to substance abuse prevention, treatment and other related issues. Click [HERE](#) to register online. For more information, call 216.361.2040.

Save the Date: Integration of Trauma-Informed Care and Primary Healthcare — Sept. 29

The Northwest Ohio regional Trauma-Informed Care (TIC) Collaborative is sponsoring a free workshop on the integration of TIC and primary healthcare on Sept. 29 from 9 a.m.-noon. More details will be available in the coming months.

2016 International Community Corrections Association Annual Research Conference — Oct. 2-5

The International Community Corrections Association (ICCA) will host its annual research conference in Toronto Oct. 2-5. Click [HERE](#) to learn about this year's plenary presenters. Click [HERE](#) for more information and to register.

Save the Date: The Ohio Council 2016 Annual Conference & Exhibit Hall – October 20-21

The Ohio Council of Behavioral Health & Family Services Providers will hold its Annual Conference & Exhibit Hall on Oct. 20-21 at the Hilton Columbus/Polaris. Please visit www.theohiocouncil.org or contact Brenda Cornett, cornett@theohiocouncil.org, 614.228.0747 for more information.

2016 Health Educators Institute — Oct. 21-22

The Ohio Society for Public Health Education ([Ohio SOPHE](http://www.ohiosophe.org)) will host its 2016 Health Educators Institute, *The Many Faces of Health Education: One Shared Goal*, Oct. 20-21 at Mohican State Park in Ashland County. Registration information will be available later this summer at <http://www.ohiosophe.org/>. Conference organizers are accepting [presentation abstracts](#) through July 1 at 5 p.m. Questions? [Contact](#) Ohio SOPHE Board member Dr. Rob Braun.

Children of Addicted Parents (CAP) Conference — Nov. 1

PreventionFIRST! is partnering with Cincinnati Children's Hospital and Children of Addicted Parents to host “Impact of the Heroin Epidemic on Our Children, The Silent Victims,” on Nov. 1 at the Sabin Auditorium at Children's Hospital. Physicians, nurses, social workers, psychologists, early intervention personnel, children protective services (CPS) workers, law enforcement personnel, foster parents and family members are encouraged to attend. In addition to information presented on the realities of the impact of addiction, participants will be encouraged to share their own experiences and engage to be a part of the solution. Click [HERE](#) for more information.



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