



Hundreds “Rally for Recovery” at Ohio Statehouse

For the 16th year in a row, sunny skies greeted the hundreds of Ohioans who made the annual pilgrimage to the Ohio Statehouse to celebrate September as “Recovery Month” and to honor individuals and families touched by addiction.

The 2017 Ohio Rally for Recovery, held Sept. 29, featured a variety of inspiring speakers, exhibitors, entertainment from Cleveland Treatment Center’s “On the One” band, camaraderie and the annual Recovery Countdown (top photo).

Wayne Ford (pictured at right) used a series of masks to illustrate his recovery journey. “On my pathway to recovery, I’ve had to recognize all the different masks that I wore behind this beautiful soul,” he told the crowd. “Now, there are no more masks,” he proclaimed, peeling off the final disguise to reveal his true identity.

OhioMHAS Peer Support Services Administrator Mindy Vance also spoke. “There are many pathways to recovery,

and all of them are beautiful,” she said to cheers. “There are as many pathways to recovery as there are people in recovery. Recovery is beautiful. Recovery rocks!”

The event also featured remarks from families impacted by addiction and a variety of awards presentations to recognize outstanding advocacy efforts. OhioMHAS Director Tracy Plouck provided brief welcome remarks and presented a Governor’s Proclamation designating September as Recovery Month in Ohio. In the afternoon, many Rally attendees visited with their legislators.

Attendees donated hundreds of pairs of shoes (pictured bottom, right), which lined the Statehouse steps — a tribute to individuals in recovery and those lives lost to addiction. The shoes were gathered up after the Rally and will be donated to shelters throughout Ohio.

Visit the [OhioMHAS Flickr page](#) for more photos from the Rally.



Mental Illness Awareness Week (MIAW) — Oct. 1-7

Mental Illness Awareness Week (MIAW) is Oct. 1-7. The National Alliance on Mental Illness is promoting the 2017 theme: *Into Mental Health: Inspired, Informed, Involved*. Download a free MIAW resource kit [HERE](#). In conjunction with MIAW, National Depression Screening Day will be observed Oct. 5. Take a free, online screening [HERE](#). World Mental Health Day, sponsored by the World Health Organization, is Oct. 10, with the overall objective of raising awareness of mental health issues around the world. Learn [MORE](#).



A brief recap of some of Dir. Plouck’s recent public activities:

- 8.10 Visited Noble Correctional Institution to attend an event organized by the Restored Citizens Network.
- 8.11 Met with local officials from Athens, Hocking and Vinton counties to discuss areas of collaboration around the opioid epidemic.
- 8.18 Spoke at the 18th Annual Lake-Geauga Recovery Centers community and volunteer appreciation picnic.
- 8.24 Visited the OhioMHAS Recovery Services program at the Southern Ohio Correctional Facility in Lucasville.
- 9.8 Attended the 4th Annual Suicide Prevention Conference.
- 9.11-12 Provided remarks at the 2017 Recovery Conference.
- 9.15 Spoke at the 2017 Ohio Fetal Alcohol Spectrum Disorders Steering Committee Annual Forum.
- 9.20 Along with other key representatives of the Governor’s Cabinet Opiate Action Team, met with the Ohio Mayor’s Alliance to discuss areas of collaboration around the opioid epidemic.
- 9.25 Provided remarks at the NADD Conference and inaugural OhioMHAS Housing University.
- 9.26 Provided remarks at the 28th Annual UMADAOPs of Ohio State Conference in Mansfield.
- 9.28 Provided remarks at the 2nd Annual Ohio Stepping Up Summit.
- 9.29 Provided opening remarks and presented Governor’s Proclamation at 16th Annual Ohio Rally for Recovery.



FASD Forum Focuses on Awareness

Alexis Martin of the Ohio Department of Health and co-chair of the Ohio Fetal Alcohol Spectrum Disorders (FASD) Steering Committee, speaks with former first lady of Ohio Hope Taft at the committee’s annual forum on Sept. 15 in Columbus. The forum, held during ***FASD Awareness and Prevention Month***, provided an opportunity for members of the community to learn about Ohio’s efforts related to prevention and treatment of FASD.

Kathleen Mitchell, vice president of the National Organization on Fetal Alcohol Syndrome, provided keynote remarks and Taft was honored for her role in founding the committee in 2003. To learn more about Ohio’s efforts to increase awareness about FASD, visit mha.ohio.gov/fasd. View [more photos](#) from the event.

Opioid STR/CURES Act Technical Assistance Calls Planned

Beginning in October, the Ohio Department of Mental Health and Addiction Services (OhioMHAS) will facilitate a series of statewide technical assistance calls to discuss projects and topics related to the State Targeted Response (STR) to the Opioid Crisis grant through the ***21st Century CURES Act***.

Each call will cover different subject areas such as: the Maternal Opiate Medical Supports (M.O.M.S.) Program, Medication-Assisted Treatment (MAT), Telehealth, American Society of Addiction Medicine (ASAM) Criteria, Quick-Response Teams and more. Calls will include about 10 minutes of content presentation, while the remaining time will be utilized for participant questions and open discussion.

Click [HERE](#) for a calendar of upcoming calls.



Ohio's 2nd Annual Statewide Stepping Up Summit Focuses on Advancing Efforts to Divert People with Mental Illness from Incarceration to Treatment

During the past two years, 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 for the 2nd Annual Stepping Up Summit in Columbus 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.

To highlight his support of these efforts, Ohio Attorney General Mike DeWine provided the welcome address at the Summit, which was held Sept. 28.

Ohio is one of a handful of states, including Texas and California, 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 (NAMI) of Ohio, the Ohio Department of Mental Health and Addiction Services (OhioMHAS), the County Commissioners Association of Ohio, as well as other prominent 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. The initiative is designed to rally national, state and local leaders to

reduce the number of people with mental illnesses and substance use disorders in jail.

"Ohio has been a leader in establishing mental health and veterans courts, developing crisis-intervention teams (CIT) in law enforcement and other efforts to reform the criminal justice system for persons with mental illness," said Justice Stratton. "Once again, we are proud to be a leader in a national effort. Our work through the Stepping Up Initiative will improve public safety, break the cycle of

in a more humane and cost effective manner."

Each year, an estimated two million people with serious mental illnesses are admitted to jails throughout the nation – a rate that's three to six times higher than that of the general public. Nearly three-quarters of these adults also have drug and alcohol use issues. Once incarcerated, individuals with mental illnesses tend to stay longer in jail and upon release are at a higher risk of returning to incarceration than those without these illnesses.

"The number of people with mental illnesses in U.S. jails has reached a crisis level," said OhioMHAS Director Plouck, who also serves on the CSG Justice Center's national board of directors. "The vast majority of these individuals who have committed minor offenses can be safely treated and if necessary placed under community supervision instead of being put behind bars. We're excited to join this effort and look forward to working with our partners at all levels to help counties achieve their goals."

Since its launch, Stepping Up has garnered support among criminal justice, behavioral health and advocacy groups such as the National Alliance on Mental Illness. To date, more than 275 counties in 41 states have passed resolutions to advance the goals of Stepping Up.

Click [HERE](#) to learn more about the Stepping Up initiative. Click [HERE](#) to view a map of participating Ohio counties, and learn more about Ohio's efforts to reduce the number of criminal offenders with untreated mental illness and/or substance use disorders who cycle through county jails.



(l-r) Justice Evelyn Lundberg Stratton, Attorney General of Ohio Mike DeWine and OhioMHAS Director Tracy Plouck at the 2nd annual Stepping Up Summit.

jail for persons with mental illness and increase their access to treatment."

Justice Stratton worked closely with Ohio's Stepping Up Steering Committee to organize the Summit, which included a significant contribution from Steering Committee members like NAMI Ohio:

"NAMI Ohio has advocated for better coordination between the criminal justice and mental health systems for years," said NAMI Ohio Executive Director Terry Russell. "We look forward to further collaboration with Ohio's county sheriffs, jail administrators, judges, community corrections professionals, treatment providers, family members and people impacted by mental illness to provide them with the tools, resources and technical assistance to deal with this issue

THE
STEPPINGUP
INITIATIVE

Butler County Launches “My Alternative” Opiate Prevention Campaign

Pain management and opiates are getting more attention in media every day. It is a complicated issue because pain is real and yet is subjective. It can be acute or chronic. It can have many causes, including emotional pain that is manifested as physical pain.

Opiate abuse has seen a significant shift over the decades. From the 1960s to 1990s, first use of an opiate was in the form of heroin. From the 1990s to today, that has shifted in such a way that the first onset of opiate use for those abusing opiates was in the form of a prescription. (National Institute on Drug Abuse)

In 1986 an advertising executive found a loophole in previous marketing regulations for prescriptions (NPR, 2009). There was an immediate response in sales. Prescription drug manufacturers now market direct-to-consumer, and marketing has also become one of the largest expenses in health care.

The Butler County Mental Health and Addiction Recovery Services Board recognized the devastation caused by opiate/heroin addiction and that prevention is a key part of the solution. Local leaders acknowledged they were facing a community problem that needed a community approach.

Envision Partnerships (EP), which has been providing innovative and effective prevention services in Butler County for

more than 50 years., has created a social marketing campaign through its Opiate Prevention Project that uses the same marketing technique: direct-to-consumer. The over-sized postcards, buckslips (inserted into utility bills), billboards (see

one of the six creative above) and a [video](#) encourage and empower people to take charge of their health by asking their doctors about alternatives to painkillers. As part of the campaign, several alternatives are suggested, which provide clear benefits to health and possible relief from pain.

An additional feature of the *Alternatives* campaign is to share prescription drop box locations so that when pain medication is pre-

scribed, any unused medication can be disposed of properly, thereby decreasing the risk of diversion. These locations are listed on the website and on the postcards. In addition, a special tennis ball with the message “ENVISION Alternatives” accompanied with “5 Easy Ways to Use a Tennis Ball as Your Alternative” have been distributed and used as conversation starters at community health fairs and awareness forums.

For more information, or for permission to use any of the campaign materials or concepts, please email LHiggins@envisionpartnerships.com or call 513.868.2100, ext. 229.

My Alternative is
Physical Therapy

Ask your doctor about alternatives to painkillers

Envision Partnerships
EnvisionPartnerships.com

Butler County
Mental Health & Addiction
Recovery Services Board

OhioMHAS Announces \$6M in Grants to Strengthen Behavioral Health Workforce

The Ohio Department of Mental Health and Addiction Services (OhioMHAS) is taking action to strengthen and enhance the state’s behavioral health care workforce through \$6 million in grants to community-based mental health and addiction service providers. The funds will support agency-led recruitment and retention efforts, and incentivize existing professionals to attain a higher level of professional certification.

The funds were awarded on a first-come, first-served basis to OhioMHAS-certified providers, with priority given to agencies who indicated intent to initiate or expand workforce capacity

for serving deaf and hard-of-hearing populations. Providers were eligible to apply for a one-time funding maximum of \$100,000 for SFY 2018-19. The Department sent award notices to 61 providers throughout the state.

Provider agencies may utilize the funding to support new or existing workforce development programs such as:

- Defraying loss of direct-service revenue when staff at the agency are involved with providing training supervision related to professional licensure/credentialing.
- Supporting agency student loan repayment programs.

- Funding for agency tuition payment and/or reimbursement programs.

These funds are the latest in a series of actions taken at the state level to recruit and sustain a highly skilled, clinical workforce. OhioMHAS has made significant investments to support training and education opportunities about suicide prevention, residency programs in psychiatry and is in the process of utilizing federal 21st Century Cures Act funds to expand the number of medical professionals able to prescribe Medication-Assisted Treatment for Ohioans impacted by opioid addiction.

See the [list of funded providers](#).

Businesses, Behavioral Health Agencies Partner to Promote Drug-Free Workplaces

Employers, community leaders and county mental health and recovery services boards from 17 Ohio communities gathered at the Statehouse Sept. 28 to celebrate a first-of-its-kind initiative that brought them together to work toward a drug-free workforce in Ohio.

The Drug-Free Workforce Community Initiative, a public-private partnership between the State of Ohio and Working Partners® to address the economic impact of substance abuse by employees and job seekers in Ohio, began in October 2016. This is the first time a collaboration of this magnitude has taken place, and the results, have been noteworthy:

- 270 stakeholders representing 200 organizations participated in the Initiative and created sustainability plans to continue the Initiative efforts.
- 70 businesses attended a free, 14-hour, technical-assistance course and received in-depth education and guidance to develop (or refine) a state-of-the-art drug-free workplace policy and program, impacting more than 10,000 employees and their families.
- A statewide survey was conducted, with 1,484 community leaders and 3,229 businesses participating,

assessing perceptions, attitudes, knowledge and practices related to preventing and addressing the harmful use of substances in the workplace.

The survey results showed that 40 percent of Ohio employers do not have a professional resource identified when an employee needs help with an alcohol or other drug issue, and one in three Ohio employers is not familiar with the taxpayer-funded alcohol/drug services in their communities.

These findings underscore the Initiative's importance, with participants noting that it has bridged the gap between businesses and service providers and changed how they work together.

"Our behavioral health system has been motivated to engage the business community in a different conversation," said Tammy Nicholl, director of Service Systems at the Mental Health, Drug and Alcohol Services Board of Logan & Champaign Counties. "I've seen an awakening happen in our community as a result of this initiative."

"We are proud of what these communities have accomplished," said Dee Mason, founder and CEO of Working Partners®. "Within every participating community, there are countless businesses who will have the resources they need and these communities will be better



Greta Mayer, executive director of the Mental Health and Recovery Board of Clark, Greene and Madison counties speaks during the Statehouse event.

equipped to support a safer, healthier and more productive local workforce."

Working Partners® is a consulting and training firm offering full-service drug-free workplace consultation, training and support services to individual companies and system leaders.

For more information, visit: www.WorkingPartners.com.



Ohio Youth to Youth Delegates Meet ONDCP Acting Director

(l-r) On Sept. 22, Youth to Youth teens Aidan Sweet (Olentangy Liberty HS Junior), Osayaba Onaiwu (Eastmoor Academy HS senior), Lauren Hiller (Dublin Jerome HS senior) and Richard Wright (Eastmoor Academy HS Senior) had the opportunity to sit down and talk with Richard Baum, the acting director of the Office of National Drug Control Policy. The youth leaders discussed the power of youth-led prevention and the needs in their schools and communities. Baum was very engaged with the youth and appreciated their candid input.



Hope Blossoms at Appalachian Behavioral Healthcare in Athens

Because gardening is a common therapeutic intervention for wellbeing and mental health, each year patients at Appalachian Behavioral Healthcare (ABH) in Athens plant a flower and vegetable garden.

Patients in the ABH work program-constructed raised beds for the flower garden in the patient programming area. This inner courtyard is available to both patients and staff. Activity Therapy directed the vegetable garden connected to the recreation courtyard where patients planted tomatoes, peppers, cucumbers and sunflowers.



Drug Awareness Summit Examines Role of Churches, Schools in Helping to Fight Opioid Addiction

On Sept. 27, more than 175 persons participated in a day-long drug awareness summit sponsored by the Columbus Catholic Diocese. The goal of the Summit was to identify the role of Catholic churches and schools in responding to the opioid epidemic.

Participating schools and parishes were asked to develop local plans to address the drug issue and advocate for treatment and recovery programs.

Featured speakers included Bishop Frederick Campbell, D.D., Ph.D., Bishop of the Columbus Catholic Diocese;

Attorney General Mike DeWine (pictured above) and Mark Hurst, M.D., OhioMHAS Medical Director.

The Summit was a result of Bishop Campbell's talks on *God's Creation and the Opiate Addiction Crisis* (visit link for "God's Creation, Our Common Home") held in the spring. In addition to the participants, nearly 20 treatment providers and community organizations provided information and resources to aid local church and school efforts to support individuals and families affected by substance use disorder(s).

"Trauma Matters: NOPH" Committee to Promote Trauma-Informed Care

Northwest Ohio Psychiatric Hospital (NOPH) recently launched its inaugural Trauma-Informed Care Committee. Dubbed "Trauma Matters: NOPH," the committee is represented by nursing, volunteer services, recreational therapy, patient advocacy, social work, operations, administration and police. Under the guidance of Central Office facilitators, the committee will help develop and nurture a trauma-informed culture and work to understand the dynamics and impact of trauma on the lives of patients and families.

The committee will meet regularly to develop and implement the ongoing plan for change, starting with an institution-wide assessment on current trauma-informed practices.



Recovery Services Staff, Inmates at Mansfield Correctional Institution Team Up to Help Ohio Veterans

This summer, Recovery Services staff at Mansfield Correctional Institution teamed up with inmates from the 3C Recovery First Pod and the MANCI Veterans Committee to create nearly 300 greeting cards to share with residents at the Ohio Veterans Home as part of their "Christmas in July" community service program. The Mansfield recovery dorm houses 118 inmates.



Ohio Recovery Housing Names New Executive Director

Danielle Gray has been named Executive Director of [Ohio Recovery Housing](#) (ORH). In her new role, Gray will help recovery housing providers thrive in communities across Ohio. Beyond her technical skills, Gray "exhibits a passion for the mission of ORH and has a heart for building strong recovery environments that promote health, home, purpose and community for men, women and families in recovery housing," according to a press release from ORH.

Since earning her Master of Public Health degree from The Ohio State University, Gray has served in a variety of roles in non-profit organizations.

She has vast experience in performing research and implementing programs that impact the social determinants of health, including: housing, access to health care, transportation, nutrition and economic stability. "Her knowledge and experience in providing technical assistance, grants and project management, communications, and policy and advocacy work will be valuable as Ohio Recovery Housing continues to grow," the release said.



Gray

Attorney General Awards \$2.7 Million in Grants for Drug Use Prevention Education

Ohio Attorney General Mike DeWine announced in August more than \$2.7 million in grant funds to a number of law enforcement agencies throughout the state for drug use prevention education programs in public schools.

A total of [130 sheriffs' offices and police departments](#) were tapped to receive grant dollars. The funds must be used to establish or maintain drug abuse prevention education and awareness programs for students during the 2017-18 school year.

Grant recipients are required to include over-the-counter and

prescription drug abuse prevention education in their programs.

D.A.R.E. programs and school resource officer drug use prevention programs were eligible to apply for the grants, and all programs must be conducted in co-operation with the public school superintendent of each school district where the programming will take place. The Attorney General's Drug Use Prevention Grant Fund supports programs such as *Botvin LifeSkills*, *D.A.R.E. — Keepin' It Real*, *PALS — Prevention through Alternative Learning Styles*, *I'm Special, Too Good For Drugs*, *Reach Out Now* and *Stay on Track*.

New \$5M Addition at CAT to Help in Fight Against Opioid Addiction

In August, the [Center for Addiction Treatment](#) (CAT) celebrated the grand opening of its \$5 million Spaulding Recovery and Family Care Building — a new addition that will help reach three times as many patients with critical addiction treatment services.



This is the first major expansion project for the Cincinnati provider since its establishment in 1970. OhioMHAS contributed \$2 million in capital funds toward the project.

CAT CEO Sandi Kuehn said the new addition will integrate physical health, mental health and addiction medicine. "A patient coming in will be able to get all of their needs met in one location," Kuehn said.

The facility will offer medication-assisted treatment and also features a counseling center for mental health services for patients and families.

The new addition is expected to serve an additional 3,500 patients from the southwest region each year.

Applications Being Accepted for Gambling Tx Fellowship Program

Recovery Resources and OhioMHAS will again partner for the third cohort of the Disordered Gambling Treatment Supervision Fellowship Program. The goal of this program is to prepare clinicians to provide clinical supervision for professionals who are eligible to treat people with disordered gambling. Specific requirements and components are outlined in the [Fellowship Application](#). Questions? Contact Mike Buzzelli of Recovery Resources at mbuzzelli@recres.org.

OhioMHAS Researcher Shares Needs Assessment/GAP Analysis Findings at Fourth Annual Ohio Suicide Prevention Conference

Between 2006 and 2015, more than 14,000 Ohioans died by suicide. That roughly equals the population of many Ohio small cities, such as Urbana, where Helen Anne Sweeney grew up. Sweeney, who is a research manager at the Ohio Department of Mental Health and Addiction Services, reported this finding at the Fourth Annual Statewide Suicide Prevention Conference on Sept. 8 at The Ohio State University. Her [presentation](#) was on the OhioMHAS [Community Needs Assessment/Gap Analysis of Suicide Prevention, Crisis, Treatment and Postvention Resources and Services](#).

Sweeney's research project was made possible by state funding in the previous and current bienniums that tasked OhioMHAS with formulating strategies to address the rising suicide rates. The community needs assessment was one step toward identifying gaps in services and addressing them. Staff from the county ADAMHS boards, suicide prevention coalitions, crisis services organizations, and treatment providers participated in surveys about their local efforts to provide services to individuals at risk of suicide. The response rate was high (see graphic with response rates).

A key finding indicated that treatment staff needed training on how to administer screens and assessments and how to interpret the results. In response, OhioMHAS is launching Assessing and Managing Risk of Suicide Train the Training courses to help build staff capacity throughout Ohio.

Click [HERE](#) to learn more about OhioMHAS Suicide Prevention efforts. Click [HERE](#) to view more photos from this year's conference.

Needs Assessment/Gap Analysis Dimensions and Response Rates

Staff of county boards, suicide prevention coalitions, crisis services organizations and treatment providers participated in surveys about their local community and organizational efforts to provide services to individuals at risk of suicide.

Prevention

ADAMHS Boards 100%
Suicide Prevention
Coalitions 48%

Crisis Services

Crisis Line Organizations 58%
Behavioral Health
Organizations

Treatment

Behavioral Health
Organizations 71%

Postvention

ADAMHS Boards 100%
Suicide Prevention
Coalitions 48%

OhioMHAS Research Manager Helen Anne Sweeney presents findings from her community needs assessment/gap analysis study at the Fourth Annual Ohio Suicide Prevention Conference held on the campus of The Ohio State University on Sept. 8.



2017 Recovery Conference Educates, Inspires

On Sept. 11-12, the Ohio Association of Behavioral Health Authorities (OACBHA) and OhioMHAS partnered to host Ohio's second annual Recovery Conference. The event drew a huge audience of individuals in recovery from a mental illness and/or addiction, family members, peers working in the field and allied professionals. There were many educational opportunities for community advocates and participants, as well as interactive wellness sessions that included elements of dance, art, drumming or Reiki. Above, OACBHA organizers and volunteers in the left photo, and attendees in the right photo celebrated a colorful day one of the annual event. View [more event photos](#) on the OhioMHAS Flickr page. See [conference presentations](#) on the OACBHA website.

News & Research Roundup

HHS Commits \$144.1 Million in Additional Funding for Opioid Crisis

The U.S. Department of Health and Human Services this month **announced** an additional \$144.1 million in grants to prevent and treat opioid addiction. The grants will be administered by the Substance Abuse and Mental Health Services Administration (SAMHSA). The funding will be distributed to 58 recipients, including states, cities, health care providers and community organizations through one of six grant programs (click links for list of recipients): [First Responders](#), [State Pilot Grant for Treatment of Pregnant and Postpartum Women](#), [Building Communities of Recovery](#), [Improving Access to Overdose Treatment](#), [Targeted Capacity Expansion: Medication Assisted Treatment](#) and [Residential Treatment for Pregnant and Postpartum Women](#).

\$89 Million Awarded to Community Coalitions To Prevent Youth Substance Use



The White House Office of National Drug Control Policy (ONDCP) announced \$89 million in Drug-Free Communities (DFC) Support Program grants to 719 local drug prevention coalitions — including several in Ohio — the largest number of single-year grantees since the program's founding. Directed by ONDCP, in partnership with SAMHSA, these grants will provide local community coalitions with funding to prevent youth substance use, including prescription drugs, marijuana, tobacco and alcohol. View a [list of FY 17 grant award recipients](#).

New Resources from SAMHSA

The Substance Abuse and Mental Health Services Administration (SAMHSA) has announced several new publications: [Keeping Youth Drug Free](#) is a resource guide for parents that offers advice on keeping children substance free. Review statistics about adolescent substance use and learn tips on good communication. The guide also features substance facts and case studies for additional insight.

[A Road Map to Behavioral Health](#) was designed to serve as a behavioral health resource for consumers and offers important information about mental health and substance use disorder services, including definitions of behavioral health terms and guidance about how to find a behavioral health services provider, receive treatment and obtain follow-up care. The resource walks through the "8 Steps of the Roadmap" to offer information specific to behavioral health, and contains a glossary and links to other federal resources.

[Key Substance Use and Mental Health Indicators in the United States \(2016\)](#) presents 2016 national estimates of use of alcohol, tobacco products, illicit drugs, substance use disorders and substance use treatment among people 12 years of age and older. Includes national estimates of any mental illness, serious mental illness, major depressive episode, use of mental health services and suicidal ideation among adults ages 18 or older and national estimates of major depressive episode, use of mental health services among adolescents aged 12 to 17. Trend information on these topics are also presented.

[Knowledge Network Website](#) provides a single, searchable portal to SAMHSA's publicly available online training and technical assistance content with the goal of improving the design and delivery of prevention, treatment and recovery services. This website will help health care practitioners to find specific tools and resources more easily (such as webinars, white papers, fact sheets, trainings and videos) that span SAMHSA's portfolio across many disciplines and online locations.

FDA Approves First App to Treat Substance Use Disorder

The Food and Drug Administration this month **announced** that it has approved the first mobile app to help treat individuals with substance use disorders (SUD). The app, known as Reset, uses cognitive-behavioral therapy and is intended to be used in combination with outpatient therapy to treat alcohol, cocaine, marijuana and stimulant SUDs. The goal is to increase retention in outpatient therapy programs and promote abstinence from substance abuse. The app is not intended to be used for the treatment of opioid dependence, the FDA noted. The Reset app is indicated as a 12-week, prescription-only adjunct treatment for patients with SUD who are not currently on opioid replacement therapy, who do not abuse alcohol solely, or who do not have an opioid use disorder. The product combines patient-facing interventions and assessments via a mobile app with clinician-facing dashboards and data analytics.

CDC Launches New Campaign to Fight Prescription Opioid Epidemic

The CDC has launched [Rx Awareness](#), a communication campaign featuring real-life accounts of people recovering from opioid use disorder and people who have lost loved ones to prescription opioid overdose. The campaign aims to increase awareness and knowledge among Americans about the risks of prescription opioids and stop inappropriate use. With the tagline, "It only takes a little to lose a lot," the campaign uses testimonials to educate the public, focusing on the dangers of prescription opioids whether used for medical or non-medical purposes. The campaign includes videos, social media ads, banners, web graphics, billboards and posters. Click [HERE](#) for a news release.



News & Research Roundup, cont.

CDC Awards \$28.6M to Help Fight Opioid Epidemic



The CDC has *awarded* more than \$28.6 million in additional funding to 44 states, including Ohio, and the District of Columbia to support their responses to the opioid overdose epidemic. The funds will be used to strengthen prevention efforts and better track opioid-related overdoses. The additional funding follows an earlier announcement that CDC was providing \$12 million to states to support overdose prevention activities. Funding will be provided through three programs that equip states with resources needed to address the epidemic. The programs are: Prescription Drug Overdose: Prevention for States; Data-Driven Prevention Initiative; and Enhanced State Opioid Overdose Surveillance.

New Interactive Map Highlights State-Specific Trends in Opioid-Related Hospitalizations

A *new interactive map* from the Agency for Healthcare Research and Quality (AHRQ) allows users to explore state-specific information about opioid-related hospital stays. The map uses data from 44 states (including Ohio) and the District of Columbia, including: hospitalization trends from 2009 to 2014; and patient sex, age group, geographic area and income group with the highest rate in 2014.

Study Suggests Increase in Adverse Effects to Due Use of Opioids in Hospitalized Children

A *new study* notes a large increase in the number of young hospital patients in the U.S. who suffer harmful side effects from hospital-administered opioid painkillers. Researchers reviewed federal government data on hospital stays by children from 1 month to 17 years old. The data revealed the rate of opioid-related problems among these young hospital patients rose by more than 50 percent over nine years. The overall rate of opioid-related side effects was almost 17 per 10,000 discharges, the study found. Opioid-related problems included opioid withdrawal (3 percent), constipation (12.5 percent), altered mental status (10.5 percent), urinary retention (2 percent), cardiac arrest (1 percent) and severe allergic reaction (0.75 percent). The study was presented Sept. 15 at the American Academy of Pediatrics meeting in Chicago.

More Opioid-Addicted Children Presenting in Emergency Rooms

A growing number of children and teens are turning up in U.S. emergency departments dependent on opioids — including prescription painkillers and heroin, according to a *new study* from the University of Iowa Stead Family Children's Hospital. In 2008, there were 32,235 patients younger than 21 diagnosed with opioid dependence or addiction. By 2013, that had risen to 49,626, the findings showed. The large majority of those ER visits — 88 percent — were made by 18- to 21-year-olds, while 16- and 17-year-olds accounted for more than 8 percent. *Read more* in a related *HealthDay* news article.

Opioid Crisis Strains Foster Care System

Data from the U.S. Department of Health and Human Services show that as opioid addiction surged, the number of children entering the foster system has increased. After declining for several years, the number of children in foster care jumped 8 percent nationally, to 428,000, between fiscal years 2012 and 2015, the most recent data available. The swell of kids needing care is putting new pressure on a network already stretched to capacity — both financially and in its ability to find homes and families that can take in displaced children. The opioid crisis has taken a hefty toll across age and class groups, but researchers note it has fueled a particularly steep heroin surge among people ages 18 to 25 and among women, the precise demographic of many young parents. Their addictions can designate them as unfit parents. More *HERE*.



Research Shows Cleaning Fentanyl Spills with Household Product Effective

Ohio Attorney General Mike DeWine and Bowling Green State University President Mary Ellen Mazey announced in August that researchers have determined that household cleaner OxiClean™ has proven scientifically to be effective in cleaning up fentanyl spills. Scientists with the Ohio Attorney General's Center for the Future of Forensic Science and the Chemistry Department at Bowling Green State University performed an experiment with OxiClean Versatile Stain Remover™, a household cleaning product, and certified through instrumental analysis that it can be used effectively to clean up fentanyl spills. The product contains sodium percarbonate, a chemical which, in previous research, had been shown to oxidize and break down fentanyl. The Ohio Attorney General's Bureau of Criminal Investigation (BCI) sent a *bulletin* to more than 900 Ohio law enforcement agencies. The bulletin explains cleanup instructions, including supplies needed and proper protective gear that should be worn.

News & Research Roundup, cont.

Study: High-Risk Drinking Increases in the U.S.

High-risk drinking among U.S. adults increased about 30 percent between 2001-2002 and 2012-2013, according to a [new study](#) that called the proportion of Americans developing alcohol dependence a “public health crisis.” The study defined high-risk drinking as regular consumption of four drinks a day for women or five for men. U.S. adults with an alcohol use disorder, defined as a dependence on alcohol, also increased nearly 50 percent during the period studied, researchers found. Increases in drinking were greatest among women, older adults, racial and ethnic minorities and people with low education and income levels, the study found. While moderate drinking carries health benefits, heavy drinking is a risk factor for high blood pressure, heart problems, stroke, cancer and infections. Click [HERE](#) for a news report.



MHA's 2017 Back to School Toolkit

Mental Health America has released its [2017 Back to School Toolkit](#) to increase emotional intelligence and self-regulation through materials for parents, school personnel and young people. The toolkit includes an infographic on youth mental health, tips for parents and teachers, coping skills for kids and teens, sample school newsletter articles, lesson plans and more.

New Resource Helps Parents Talk To Their Kids About Tragedies

Parents wondering how to talk to their children about tragedies such as natural disasters or terrorist attacks have a [new resource](#) to help them, according to a recent [Reuters news report](#). According to Reuters, “the content of the page ... is based on recommendations given by [HealthyChildren.org](#), a website run by the American Academy of Pediatrics.”

Study: Sibling Survivors Of Suicide Often Don't Receive Mental Health Treatment

NPR recently [reported](#) that sibling survivors of suicide have been “overlooked in medical research” until recently, but, “according to several studies of survivors, those who lose a sibling to suicide, especially one of the same sex or close in age, have more serious mood disorders and thoughts of suicide themselves than survivors who lose a sibling for any other reason.” A recent survey of 3,432 bereaved young adults in the UK between 18 and 40 who lost a friend or relative by suicide found that 20 percent did not receive mental health support. The [report](#) was published online Aug. 27 in the *BMJ*.

Mood Stabilizing Medications an Effective Option for Older Adults with Bipolar Disorder

The National Institute of Mental Health recently reported that two standard medications for bipolar disorder were effective in controlling symptoms at doses tailored to older people in a clinical trial of treatment in adults over age 60. The findings are an important step towards filling an existing gap in evidence-based guidance for treatment of bipolar disorder in older adults.

[Read more.](#)

Suicide Rate Hits 40-Year Peak Among Older Teen Girls

The suicide rate among girls between the ages of 15 and 19 reached an all-time high in 2015 for the 40-year period beginning in 1975, according to [new data from the National Center for Health Statistics](#). In the shorter term, the suicide rate for those girls doubled between 2007 and 2015, the research indicates. By comparison, the 2015 suicide rate for boys in this age group was lower than in the peak years of the mid-1980s through the mid-1990s.

Start Planning for National Prevention Week 2018

The Substance Abuse and Mental Health Services Administration has announced its next National Prevention Week (NPW) will take place May 13-19, 2018. Each year around this observance, communities and organizations throughout the nation come together to raise awareness about the importance of substance use prevention and positive mental health. The theme for NPW 2018 is: Action Today. Healthier Tomorrow. Click [HERE](#) to learn more and download a planning toolkit.

Study: Men With Gambling Addictions May Be More Likely To Have Endured Childhood Traumas

Men with gambling addictions are more likely than their peers to have endured childhood traumas like physical abuse or violence at home, and treatment needs to address this underlying stressor, a [new study](#) suggests. In the study of more than 3,000 men, investigators found that “compared with men who rarely if ever placed wagers, the men with a pathological addiction to gambling were more than twice as likely to have witnessed violence at home or to have experienced physical abuse or assault growing up.” Additionally, “they were...more than three times as likely to have suffered a serious or life-threatening injury as” children. The findings were published in [Addictive Behaviors](#).

News & Research Roundup, cont.

Suicide A Leading Cause Of Death Among Pregnant, Recently Pregnant Women

Suicide is a leading cause of death among pregnant and recently pregnant women, researchers found after tracking women in Ontario from 1994 to 2008, according to a [recent HealthDay report](#). The study revealed that five percent of deaths during pregnancy or the first year after pregnancy were due to suicide. The [findings](#) were published online Aug. 28 in CMAJ.



Smartphone Apps May Help Reduce Depressive Symptoms

Smartphone applications (apps) can be effective tools for improving symptoms of mild to moderate depression, according to a [meta-analysis](#) published in *World Psychiatry*. Apps that are entirely smartphone based and apps that provide direct feedback are associated with better results than those that require additional components or feedback from humans, researchers said. The authors found that the use of a mental health app provides modest improvements in symptoms, with larger effects seen when the app was compared with an inactive control (like a waitlist) versus an active control (such as a non-mental health app). That suggests that some of the improvements are due to having a device — a sort of digital placebo. Benefits were also more pronounced for patients with mild to moderate depression; smartphone apps did not appear helpful for individuals with major depressive disorder, bipolar disorder, or anxiety disorders. The the data for these conditions, however, were limited.

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:

Nov. 8 — [Foundations of Motivational Interviewing — Part 2 \(Columbus\)](#)

Residential Rule Changes Training Webinars Planned

Starting in October, the OhioMHAS Bureau of Licensure and Certification will hold a [series of webinar trainings](#) on the new Ohio Administrative Code rules that will take effect Jan. 1, 2018, for Adult Care Facilities, Adult Foster Homes and Type I-III residential facilities. (Please note: these rules are not applicable for residential substance use disorder providers.) Owners, operators, managers, supervisors and other key staff are encouraged to participate in the live webinar trainings. The webinars will be recorded and posted to the OhioMHAS website for those who cannot participate in the live trainings. Please visit the [Residential Rules section](#) of the OhioMHAS website for more information — including webinar dates/times and online registration.

Regional Tri-Ethnic Community Readiness Model (TE-CRM) Trainings

Community readiness is central to the work of conducting a needs assessment and to beginning to address important issues that impact the health and wellbeing of a community. At this Prevention Action Alliance-sponsored training, participants will receive an in-depth introduction to the Tri-Ethnic Model of Community Readiness (TE-CRM) and will provide opportunities to practice aspects of the TE-CRM. This training also will demonstrate how an understanding of community readiness can further the work of local communities, coalitions, and groups. The Tri-Ethnic Model of Community Readiness is a useful tool for coalitions and groups addressing multiple issues, including problem gambling, mental health and the opiate epidemic. The one-day session runs from 9 a.m.-3 p.m.; cost is \$50, with lunch and continuing education provided. Communities that utilize the TE-CRM will be given the opportunity to take a more in-depth look at the tool in spring 2018. Upcoming dates include Oct. 4 (Northfield), Oct. 10 (Bowling Green), Oct. 24 (Columbus) and Nov. 13 (Mason). Click [HERE](#) for more information.

OSPF Regional Meetings

The Ohio Suicide Prevention Foundation is hosting the third and fourth in its series of free regional meetings to bring together local and regional partners. The [Northwest Ohio Area meeting](#) will be held Oct. 17 from 3:30-5 p.m. at the Kent Branch of the Toledo Lucas Public Library, 3101 Collingwood Blvd, Toledo. The [Southwest Ohio Area meeting](#) will be held Oct. 19 from 2:30-4:30 p.m. at the Butler County Mental Health and Addiction Recovery Services Board, 5963 Boymel Drive, Fairfield. For more information about either meeting call 614.585.9473.

Training Opportunities, cont.

November CAMS/AMSR Suicide Prevention Trainings

The Ohio Suicide Prevention Foundation is hosting two suicide prevention trainings in November. Click [HERE](#) for information about the Collaborative Assessment and Management of Suicidality (CAMS) training planned for Nov. 3 at the Conference Center at OCLC in Dublin. Click [HERE](#) for information about an Assessing and Managing Suicide Risk (AMSR) training slated for Nov. 10 at the Weymouth Country Club in Medina.

Surviving the Suicide of a Loved One — Oct. 11

Hopewell will host [Surviving the Suicide of a Loved One](#) on Oct. 11 at 5:30 p.m. at the Cleveland Racquet Club in Pepper Pike. Cost is \$25. For more information, call 440.247.0912, ext. 201.

MHA Webinar on Tardive Dyskinesia — Oct. 11

Mental Health America is hosting a free webinar [Tardive Dyskinesia: Under-recognized, Under-addressed and Misunderstood](#) at 11 a.m. on Oct. 11. Learn about recognizing symptoms, treatment, and barriers to awareness about Tardive Dyskinesia. If you are unable to attend the webinar, a recording will be uploaded to the [MHA webinar webpage](#) following the event.

MHA Webinar on Peer Partnership in Recovery and Social Inclusion — Oct. 12

Mental Health America realizes that social exclusion and isolation contribute to ill health. MHA's *It's My Life Program* promotes social connectivity through the use of psychiatric rehabilitation, peer support, professional life coaching and self direction. To reduce costs of implementation and increase availability, MHA has created a new model of its program that utilizes a support group format, "It's My Life: Peer Partners". Please join us for a three-part webinar series to learn how you can implement this cost-saving intervention that promotes social connectivity to support the members of your community. Click [HERE](#) to register.

50th Annual Midwest School Social Work Conference — Oct. 12-13

The Ohio School Social Work Association (OSSWA) and the Midwest School Social Work Council will host the [50th Annual Midwest School Social Work Conference](#): "From Punishment to Progress: Breaking barriers to academic and behavioral success" Oct. 12-13 at the Wyndham Cleveland at Playhouse Square. Professionals in the fields of school social work, education and mental health are encouraged to attend.

DEA 360 "The Power of You!" Opiate Rally at Wright State University's Nutter Center — Oct. 16

The U.S. Drug Enforcement Administration, in partnership with the Montgomery County Drug-Free Coalition, Wright State University, Community Overdose Action Team and Community Anti-Drug Coalitions of America, will host a [DEA 360 "The Power of You!" opiate rally](#) from 6-9 p.m. on Oct. 16 at the Wright State University Nutter Center, 3640 Colonel Glenn Highway, Fairborn. The evening will feature remarks from Joe Piersante, a wounded Afghanistan veteran; Todd Crandell, Iron Man competitor; Alexis Gomez from American Idol; Lucian Read, executive producer; Maj. Gen. Price (Army-retired), and others. Click the link for more information and to reserve your seat.

Trauma-Informed Care and Vulnerable Populations — Oct. 17-18

Northwest Ohio Psychiatric Hospital is partnering with the Lucas County Board of Developmental Disabilities to host [Trauma-Informed Care and Vulnerable Populations](#) Oct. 17-18 at the Premier Banquet Complex in Toledo. Cost is \$200 and includes breakfast and lunch.

NIMH Research Domain Criteria Webinar — Oct. 18

The NIMH Research Domain Criteria (RDoC) Unit will host the [Using the RDoC Framework in Developmental Research](#) webinar from 1-2:30 p.m. on Oct. 18. As a pillar of the RDoC matrix, neurodevelopment plays a critical role in the RDoC research framework in understanding psychopathology. To highlight this type of work, this webinar will bring together three researchers who focus on studying developmental disorders using RDoC principles. More specifically, they will discuss how they use a dimensional perspective and multiple methodologies (both core principles of RDoC) to study neurobehavioral mechanisms associated with various disorders such as autism spectrum disorder (ASD), anxiety and ADHD.

Training Opportunities, cont.

Ohio Council 2017 Annual Conference & Exhibit Hall — Oct. 19-20

The Ohio Council of Behavioral Health & Family Services Providers will hold its Annual Conference & Exhibit Hall Oct. 19-20 at the Hilton Columbus/Polaris. Please visit www.theohiocouncil.org or contact Brenda Cornett at cornett@theohiocouncil.org or 614.228.0747 for more information.

Private Psychiatric Inpatient Provider Conference — Oct. 20

The OhioMHAS biennial [Private Psychiatric Inpatient Provider Conference](#) will be held Oct. 20 at the Quest Conference Center in Columbus. This year's conference theme is "Innovation in Behavioral Health Care — What's New?" Topics will include: de-criminalizing individuals with a mental illness, treatment refractory patients, substance abuse issues, bullying and social media, threat assessment and trauma, peer support, LGBTQ awareness, suicide prevention, specialized care for first episode psychosis, and more. Click [HERE](#) to register.

2017 Roads to Recovery Conference — Oct. 23

The Alcohol, Drug Addiction and Mental Health Services Board of Cuyahoga County will host its [2017 Roads to Recovery Conference](#) "Heading in the Right Direction to Attain Mental Health and Addiction Recovery" on Oct. 23 at the Marriott Cleveland Airport. The conference features a plenary session with an excerpt from the play *How to be a Respectable Junkie* and more than 30 workshops. Cost is \$100 and includes 7.5 CEUs/RCHs, breakfast and lunch.

ICCA 25th Annual International Research Conference — Oct. 29-Nov. 1

The International Community Corrections Association (ICCA) will host its 25th annual research conference [Doing What Matters: Integrating Public Health and Criminal Justice Reform](#) Oct. 29-Nov. 1 in Seattle. Keynote speakers include Faith Lutze, Ph.D., professor, Washington State University Department of Criminal Justice and Criminology, and Richard Cho, director of Behavioral Health at the Council of State Governments Justice Center.

Tri-State Trauma Network Fall Conference — Oct. 30

The Tristate Trauma Network (TTN) will host its 2017 Fall Conference [Hope for Healing](#) on Oct. 30 at Receptions, Inc., in Erlanger, Ky. The conference will feature Lisa Ferentz, LCSW-C, trauma treatment expert and founder of The Ferentz Institute in Maryland, other national and local trauma experts and a trauma survivor. Cost is \$85 for TTN members; \$105 for non-members. For more information, contact madamchik@tristatetraumanetwork.org.

Annual Forensic Conference — Nov. 1

OhioMHAS will hold its [Annual Forensic Conference](#) *Tailoring Strategies for Diverse Forensic Populations* Nov. 1 at the Dublin Embassy Suites Hotel. Joel Dvoskin, Ph.D., will serve as keynote speaker. The conference will also feature the annual Legal Update and workshops on Conditional Release Considerations, a Forensic Consumer's Experience with CIT, the Stepping Up Initiative in Ohio, Risk Assessment for Insanity Acquittes, Forensic ACT in Lucas County, Sovereign Citizens and Finding Expert Interpreters for people in the courts and forensic evaluation settings. Cost is \$145 (\$50 for students) and includes lunch and materials. [Register online](#).

2017 Assisted Outpatient Treatment Symposium — Nov. 2

Registration is now open for the [2017 Assisted Outpatient Treatment Symposium](#) scheduled for Nov. 2 at The Ohio State University Fawcett Center. Judges, mental health professionals, law enforcement, family members and anyone who is looking for solutions to improve the quality of life of Ohioans living with the consequences of untreated mental illness due to lack of insight should attend this free training. The Symposium is presented by the Treatment Advocacy Center, in partnership with OhioMHAS, the National Alliance on Mental Illness of Ohio, Ohio Psychiatric Physicians Association, Northeast Ohio Medical University, Ohio Association of County Behavioral Health Authorities, Ohio Hospital Association, Ohio Association of Probate Judges, Ohio Association of Chiefs of Police, National Association of Social Workers — Ohio Chapter, Hocking College and Ohio Criminal Justice Coordinating Center of Excellence. Funding support was provided by the Margaret Clark Morgan Foundation. For more information, contact Johnsonb@treatmentadvocacycenter.org.

Training Opportunities, cont.

4th Annual Current Concepts in Integrated Healthcare — Nov. 4

Save the Date! Northeast Ohio Medical University, in partnership with the Ohio Osteopathic Foundation, Oriana House and the County of Summit Alcohol, Drug Addiction and Mental Health Services Board will host the 4th Annual Current Concepts in Integrated Healthcare conference Nov. 4 at the [Cleveland Clinic Akron General Health & Wellness Center—Bath in Akron](#). This training is designed for physicians, nurses, physician assistants, psychologists, pharmacists, counselors, social workers and anyone with an interest in addiction and mental health. Click [HERE](#) for vendor information.

Charting the LifeCourse Framework to be Featured at OCALICON 2017 — Nov. 17

Don't miss your chance to participate in [Charting the LifeCourse](#) — a framework developed by families to help individuals and families of all abilities and all ages discover a path toward self-determination and success. Learn about proven and effective tools and techniques while you connect with other parents/professionals — and take home planning materials to help guide and support your own journey. Charting the LifeCourse takes place 8:00 am - 12:45 pm, Friday, November 17, in conjunction with [OCALICON 2017](#). The workshop is hosted by the Ohio Community of Practice for Supporting Families with support from [Ohio Center for Autism and Low Incidence](#) (OCALI) and Ohio's Interagency Workgroup on Autism. Charting the LifeCourse is free and open to all parents/families and professionals — but registration is required.



Inaugural OhioMHAS Housing University Builds on Supportive Housing Environments

The inaugural OhioMHAS Housing University kicked off Sept. 25 in Columbus with more than 350 attendees from throughout the state. The two-day institute was developed in partnership with the Ohio Capital Corporation for Housing, Ohio Recovery Housing, the Corporation for Supportive Housing, the Ohio Adult Care Facilities Association and the Coalition on Homelessness and Housing in Ohio. View more [photos](#).



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.