

Have You Had the Conversation?

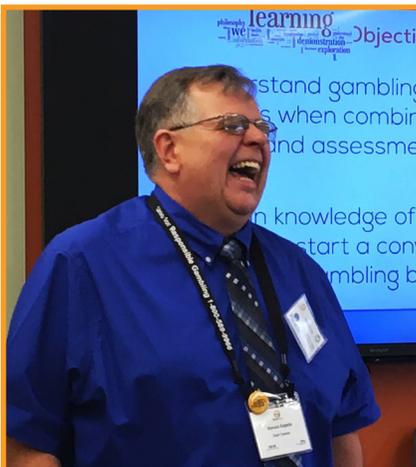
March is Problem Gambling Awareness Month

“After this hits, our problems will be solved!” said the gambler in a familiar refrain. Yet the vast majority of gamblers will play all their lives waiting to hit it big. Whether gambling online, in casinos, on lottery tickets or in the community bingo hall, it helps to keep gambling in perspective. Governor John R. Kasich has declared March 2017 as **Ohio Problem Gambling Awareness Month** to coincide with the national observance.

Kicking off the month was the 2017 Ohio Problem Gambling Conference, March 2-3 at the Nationwide Hotel & Conference Center. Approximately 200 professionals came together to network and learn the latest in evidence-based practices in prevention, treatment and recovery from gambling disorder.

The theme, “Fully Integrating Problem Gambling Services into Behavioral Health,” reminds us to think about problem gambling as a root cause or symptom of dozens of other behavioral health illnesses. Research tells us that co-occurring disorders for clients with behavioral health illnesses are 20 to 50 percent depending on the diagnosis in conjunction with problem gambling.

Ohio’s county Alcohol, Drug Addiction and Mental Health (ADAMH) Boards, community service agencies and Ohio for Responsible Gambling (ORG) — the Ohio Casino Control Commission, Ohio Lottery Commission, Ohio State Racing Commission and the Ohio Department of Mental Health and Addiction Services — have joined forces to ensure that gambling remains a fun pastime for those who want to take part, and that quality prevention and treatment services are available for Ohioans with problem gambling behaviors.



Steven Kapela of the Zepf Center in Lucas County discusses how to identify and help gamblers in a behavioral health agency setting during a workshop presentation at the 2017 Ohio Problem Gambling Conference. More than 200 professionals attended the two-day training in Columbus.

Could you or someone you love have a problem with gambling? Consider these behaviors of a problem gambler:

- Frequently borrows money to gamble
- Gambles to escape boredom, pain or loneliness
- Lies to loved ones about gambling
- Tries to win back money lost
- Has lost interest in other activities
- Is irritable about gambling behavior
- Has unexplained absences for long periods of time



The **Be the 95% campaign** was created to raise awareness of problem gambling in Ohio. The campaign messaging, website www.the95percent.org and community toolkit are designed to help individuals and families understand what responsible gambling looks like, to recognize the signs of high-risk gambling and addiction, and to know how to get help for loved ones.

What does “responsible gambling” mean?

- Set a limit on how much money and time will be spent gambling.
- Pay bills first, and spend only what you can afford to lose.
- Know that gambling will not solve money concerns.
- Gamble for fun, not to avoid being depressed or upset.

Anyone who gambles can develop a problem. Groups at higher levels of risk include older adults, adolescents, college students, veterans, and racial and ethnic minorities. Individuals new to taking medications for Restless Leg Syndrome or Parkinson’s might also develop a gambling problem.

If untreated, gambling addiction can lead to serious consequences, such as health concerns, the destruction of relationships, bankruptcy, divorce, domestic violence, depression and even suicide. Among gamblers, 32 percent attempt suicide in their lifetimes.

To learn more or get help for yourself or a loved one, visit www.the95percent.org or talk to a referral counselor from the Ohio Problem Gambling Helpline anytime at 1.800.589.9966.





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

- 2.2 Provided an update on Ohio's efforts to fight opioid addiction as part of a lecture series at the Ohio University Heritage College of Osteopathic Medicine in Dublin.
- 2.10 Provided remarks at the Ohio Council of Behavioral Health and Family Services Providers annual board meeting.
- 2.24 Traveled to Butler County to meet with representatives from the Mental Health and Recovery Services Board and Fort Hamilton Hospital to discuss patient admission procedures at Summit Behavioral Healthcare.
- 2.27 Traveled to Jackson County to meet with providers and answer questions about behavioral health redesign, and then to Lawrence County to participate in a round table with consumers and providers about Medicaid expansion.
- 3.2 Provided budget testimony before the House Health and Human Services Subcommittee.
- 3.3 Provided remarks at annual Ohio problem Gambling Conference.
- 3.15 Traveled to Seneca County to learn about local needs, challenges and successes related to the opioid epidemic.

Sandusky Selected as Host City for Gov. Kasich's 2017 State of the State

For the seventh year in a row, the Kasich Administration has announced plans to take the governor's annual State of the State address on the road. This year, the road leads to Sandusky, along the shores of Lake Erie, where Gov. John R. Kasich will update the Ohio Legislature on progress and accomplishments and lay out his vision for the year ahead on April 4 at 7 p.m. at the Sandusky State Theater.

Ohioans interested in attending the 2017 State of the State address have been invited to submit their names online at governor.ohio.gov by noon on Friday, March 24, to be eligible for a random ticket lottery.

During the day, Cabinet officials will visit the area. The Department is coordinating a series of site visits and special events with the [Mental Health & Recovery Board of Erie and Ottawa Counties](#). Preliminary plans include a visit to Firelands Counseling & Recovery Services, a voices of recovery luncheon hosted by the Erie Shore Network (a peer support and advocacy service) as well as a visit to Genesis By the Lake, condo-style recovery housing for women.

Gov. Kasich has previously taken the address on the road to Steubenville, Lima, Medina, Wilmington and Marietta.

Web Page Tracks Status of Ohio's 21st Century CURES Act Funding Application

Ohio could see an influx of \$26 million in federal funding during 2017 to help fight the opioid epidemic through the 21st Century Cures Act. To secure up to \$26 million a year for the next two years, OhioMHAS was required to submit a grant application through the State Targeted Response to the Opioid Crisis Grants program. Department leadership elected to focus on several core principles in the application, including: medication-assisted treatment; prevention; Screening, Brief Intervention and Referral to Treatment (SBIRT); recovery supports; workforce development; and addressing secondary trauma among first responders (law enforcement, EMTs, fire personnel, etc.) Stakeholder input was solicited and received via a survey and webinar. Track the progress of Ohio's application on a [new web page](#) launched this month.

Budget Testimony Available Online

Ohio Department of Mental Health and Addiction Services Director Tracy Plouck provided testimony in support of the department's FY 2018-19 budget before members of the House Health and Human Services Subcommittee on March 2. Click [HERE](#) to read Dir. Plouck's testimony. Follow the budget process on the [OhioMHAS website](#). Email statebudgetquestions@mha.ohio.gov with any questions about the state budget.



Seneca, Sandusky, Wyandot Board Hosts State Officials

A team of state leaders from The Office of Ohio Gov. John R. Kasich, Ohio Board of Pharmacy and the Ohio Departments of Health, Mental Health and Addiction Services, Public Safety and Rehabilitation and Correction visited Seneca County on March 15 to learn about local successes and challenges with mental health, addiction and justice services issues. The [Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot](#) hosted the visit.

Avon Encourages Heroin Awareness Through Art, Social Media

Throughout Ohio, many people are doing what they can to combat the heroin epidemic. In Avon, city officials and community health leaders teamed up with an Ohio artist who is using his creative talents to join the fight for recovery in a different way.

According to Ryan Poignon, the millennial artist who created the exhibit, his artistic interpretation of the piece is a visual of how one achieves a high from drug use, only to come plummeting down to a disastrous low. The installation, made of 100 percent recycled materials, topping more than 14 feet high and 15 feet wide, features several pairs of human legs topped with syringes instead of torsos and heads. The figures are in a line, seemingly waiting to climb a ladder and fall into a container of debris.

"It's meant to get people talking with one another about heroin and the opiate crisis facing our communities right

now," said Avon Mayor Bryan Jensen.

"The sculpture may be uncomfortable to look at," says Jensen. "However, the goal is to educate people and start conversations about this issue. The statistics are staggering and the numbers continue to rise."



Cleveland Clinic, [The LCADA Way, Assist Communities](#) (Formerly Assist Avon Lake) and the [Alcohol and Drug Addiction Services Board of Lorain County](#) supported the effort.

"We all have a role to understand the impact of addiction, how to help and support our loved ones and that recovery is possible," said Elaine Georgas, ADAS Board director.

City officials provided a plaque with the hashtag #Fight For Recovery and encouraged the public to share a photo of themselves posing with the sculpture on their personal social media platforms to help bring addiction awareness into the mainstream public realm.

OSAM | Ohio Substance Abuse Monitoring Network

New OSAM Reports

The Ohio Substance Abuse Monitoring Network (OSAM) released several new OSAM-O-Grams. [Fentanyl and the Deadlier Carfentanyl, Now Outpacing Heroin Sales in Many Areas, Neurotonin Widely Sought for Illicit Use](#) and [Statewide Increases in Methamphetamine Linked to Heroin](#) are all available under the [Research tab](#) of the OhioMHAS website.

OSAM consists of eight regional epidemiologists (REPIS) located in the following regions: Akron-Canton, Athens, Cincinnati, Cleveland, Columbus, Dayton, Toledo and Youngstown. The [OSAM Network](#) conducts focus groups and individual qualitative interviews with active and recovering drug users and community professionals (treatment providers, law enforcement officials, etc.) to produce epidemiological descriptions of local substance abuse trends. Qualitative findings are supplemented with available statistical data such as coroner's reports and crime laboratory data.

Once integrated, these sources provide OhioMHAS with a real-time method of providing accurate epidemiologic descriptions that policy makers need to plan appropriate prevention and intervention strategies.

Planning Council Seeks Members

The [Ohio Community Recovery Support Planning Council](#) is seeking new members to fill vacancies. Specifically, the Council is looking for: parents of children/youth with mental illness and substance use disorders and youth and young adults ages 16-25 who have lived experience with mental illness. The Council meets six times a year and serves as an advisory board to OhioMHAS. For more information, contact Elizabeth.Gitter@mha.ohio.gov | 614.466.9963 or Lynette.Cashaw-Davis@mha.ohio.gov | 614.466.1984.

MHRS of Warren & Clinton Counties Using Behavioral Health Kiosks to Move People To Action

Submitted by John Cummings, Director of Communications, MHRS of Warren and Clinton Counties

When it comes to taking action on behavioral health issues, one key to motivating people is helping them know there may be an issue. When someone has feelings of hopelessness that just won't go away, or constant worries that seem to plague most every waking moment, it could be a sign of something bigger.

But taking the time to find out through an online assessment isn't always easy, or top of mind. Sometimes it takes seeing some visual cue to remind a person they wanted to check into those feelings.

That's why ***Mental Health Recovery Services of Warren & Clinton Counties (MHRS)*** decided to invest in ***behavioral health kiosks*** and place them strategically around the two county region.

"People may be in those places waiting for appointments, or maybe hanging out at the college between classes," said Tommy Koopman, MHRS Director of Prevention and Wellness. "Seeing the kiosks might spur them to find out more about those anxious feelings they may have or that sadness that's gripped them, and take action based on the results. It's empowering people to take some action."

Early last year, MHRS purchased and placed four kiosks – two in Warren County and two in Clinton County – in areas where the most people within target groups gathered: a community college campus, local departments of Job and Family Services, and Health Departments.

That's apparently worked. To date, more than 600 people have visited, with just under 400 completing assessments. The most popular assessments have been depression, generalized anxiety, and PTSD. Others that have drawn attention

include the bipolar and eating disorder assessments. In all, the kiosks offer eight different assessments.

"The few minutes it takes to do any of the assessments can make all the difference," Koopman said.

"The average time from showing first symptoms of an issue to getting help is ten years.

That's a long time for problems to fester. Our aim is to use these kiosks to help cut that time down dramatically."

Koopman has planned to move the kiosks to new locations, in hopes of sharing their power with as many residents in the board's service area as possible. The assessments are also available on the ***MHRS website***.

"We'll see how the kiosks translate into people seeking services, but just getting people motivated about caring for their behavioral health as much as their physical health will be a very good thing," Koopman said.

"When they know there's an issue and that recovery from it is possible, that's extremely empowering."



MHRS of Warren & Clinton Counties placed four kiosks in strategic locations across the board's service area. Since their placement, more than 600 residents have visited a kiosk.

William Denihan to Retire as CEO of ADAMHS Board of Cuyahoga County

William Denihan will end a decades-long career in public service when he retires Aug. 1 as CEO of the Alcohol, Drug Addiction and Mental Health Services Board of Cuyahoga County.

"Chief Denihan has led a long and distinguished career in public service which has included his extraordinary leadership of the ADAMHS Board for the past 15 years," Eugenia Cash, chair of the board said in a release. "His dedication to individuals and families living with mental illness and addiction has been evident every day of his service to the Board and the community."

Denihan became executive director of the Cuyahoga County Community Mental Health Board in 2001 and led the consolidation of that board with the Alcohol & Drug Addiction Services Board of Cuyahoga County in 2009, creating the ADAMHS board. He also was instrumental

in creating the Board's Client Art Program that recognizes the importance of art in the recovery process. Other accomplishments include expansion of the Board's involvement in every stage of criminal justice, including diversion, incarceration and community re-entry, fighting for mental health insurance parity in the State of Ohio that became a reality in 2006 and the creation of Seasons of Hope — a safe house for women living with addictions.

The ***Board*** has formed a search committee to find a new CEO.



William Denihan

New Pilot Program for Families Harmed by Parental Opioid Abuse Launches

Ohio Attorney General Mike DeWine recently announced the creation of a new pilot program that will serve families harmed by parental opioid abuse in more than a dozen southern Ohio counties.

Ohio START (Sobriety, Treatment, and Reducing Trauma) is an intervention program that will provide specialized victim services, such as intensive trauma counseling, to children who have suffered victimization due to parental drug use. The program will also provide drug treatment for parents of children referred to the program.

"Children with a parent or parents addicted to drugs tend to stay in foster care longer, and they enter foster care having experienced significant trauma. While mom and dad are high, these kids may go days without food or supervision. They may have witnessed a parent inject drugs, overdose, or even die," said **Attorney General DeWine**. "By creating this program, we hope to help these 14 counties give the silent victims of the opioid epidemic - the children - the best care possible, while also helping their parents recover from their addiction."

According to the **Public Children Services Association of Ohio**, 50 percent of children placed in foster care in 2015 were placed due to abuse and neglect associated with parental drug use.

Ohio START will bring together child protective services, peer mentors, the courts, and behavioral health and treatment providers to work closely with families whose children have been abused or neglected due to parental addiction in Athens, Clermont, Clinton, Fairfield, Fayette, Gallia, Highland, Jackson, Perry, Pickaway, Pike, Hocking, Ross, and Vinton counties.



The program will primarily be funded through a \$3.5 million Victims of Crime Act (VOCA) grant from the Ohio Attorney General's Office which will be shared among the counties over two and a half years. These grant funds will be specifically spent to help county child welfare agencies identify children who have been victimized due to parental drug use and provide them with specialized treatment for any resulting behavioral or emotional trauma. The grant will also fund victim services for parents with underlying victimization that may be contributing to their addiction.

Casey Family Programs, which partnered with the Ohio Attorney General's Office to develop the Ohio START program, is providing an additional \$75,000 for the pilot program. Both grants will be administered by the Public Children Services Association of Ohio.

"Children are the innocent, invisible victims of the opioid epidemic in Ohio. Ohio's children services system has experienced an 11 percent increase in the number of children removed from their homes and a 19 percent increase in children staying in care longer due to how challenging it is for parents addicted to opioids to successfully recover," said Angela Sausser, Executive Director of the Public Children Services Association of Ohio. "This grant opportunity allows us to pilot a model that could positively improve children's safety, well-being, and permanency with their birth families."

The effectiveness of Ohio START will be studied by partners with Ohio State University's College of Social Work and the Voinovich School of Leadership and Public Affairs at Ohio University. If the program is found to be a success, it may expand to other counties.

ABH Recycling Team Helps Hospital Go Green

Appalachian Behavioral Healthcare (ABH) recently joined **Rural Action's** Zero Waste Pledge Program to reduce waste production through increased recycling. As a result, ABH is saving approximately 277 metric tons of carbon dioxide from entering the atmosphere yearly through cardboard and mixed recycling. This is equivalent to conserving 8 households' annual energy consumption; 156 barrels of oil; or 7,239 gallons of gasoline.

Through the Zero Waste Pledge Program, ABH has committed to expanding recycling capacity, researching alternative material to reduce Styrofoam usage, and educating staff and patients to increase awareness of waste production as well as how to increase recycling. With assistance from Rural Action and efforts of the ABH Recycling Team, recycling bins and signage were placed in public areas including employee breakrooms, administrative spaces, and lobby areas.

With the help of Morrison kitchen staff and the patient work program, steel cans, plastic jugs, and plastic serving bowls are now being recycled. Each week, an estimated 3,600 4-ounce plastic cups now are being diverted from the waste stream to recycling facilities. For more information on ABH's recycling team, contact Danielle Kaya at Danielle.Kaya@mha.ohio.gov.



New Civil Commitment, Assisted Outpatient Resources Unveiled

Last month, the [Treatment Advocacy Center](#), [NAMI Ohio](#), [Northeast Ohio Medical University](#), [Hocking College](#), former Ohio Supreme Court Justice [Evelyn Stratton](#) and the [Margaret Clark Morgan Foundation](#) unveiled the Ohio Civil Commitment and AOT Toolkit. The toolkit, which consists of the [Ohio AOT Implementation Manual](#) and the [Judges' Quick Reference Guide to Ohio Law on Mental Health Civil Commitment](#), provides a blueprint for successful AOT implementation.

"The time is now to decriminalize mental illness, and this partnership to implement AOT throughout Ohio is a great step in doing so," said Rick Keller, President of the Margaret Clark Morgan Foundation, sponsors of the toolkit. "By providing a framework with specific, actionable tools such as the Implementation Guide and Judges Quick reference manual, the criminal justice system in our state will be better equipped to do so in a compassionate and appropriate manner."

The Implementation Manual outlines the core elements of an effective AOT program. The information presented in the manual is intended to help get communities started on the right foot and describes the components and operational steps to implement a successful

program. It has helpful flow charts throughout to aid in understanding the court process, as well as a Frequently Asked Questions section including actual questions that were posed by counties as they took steps to implement an AOT program.

The Judges' Quick Reference Guide presents the relevant law in an outline form that is easier to navigate than the code itself. It is not intended as a substitute to the actual law, but to serve as a quick reference for judges while they are on the bench in determining what the law means. It includes the statutory citations throughout.

Ohio is implementing a comprehensive AOT law to help people with severe mental illness get the treatment they need. An effective AOT program can drastically reduce hospitalization, homelessness, arrest and incarceration among people with severe mental illness, while increasing adherence to treatment and overall quality of life.



However, effectively implementing AOT requires a concerted community effort, which involves the commitment of leadership and staff of the probate court, law enforcement, local and state hospitals and community mental health agencies.

"This work in Ohio also represents great promise for other states throughout the nation to emulate, representing a diverse population, economy, and geography," said Keller. "The ultimate prize is to improve the lives of persons suffering mental illness and their families, including in the unfortunate circumstances when the illness propels them into the criminal justice system."



In February, the ADAMHS Board of Cuyahoga County, in partnership with the Suicide Prevention Coalition, sponsored a Semicolon Ice Carving Event to create awareness for suicide prevention and mental illness. The carving was featured at Brite Winter — a free community event held in the West Bank of the Flats — to embrace the Cleveland winter by celebrating with light, fire, art, music and games. A semicolon is used when an author could have ended a sentence with a period, but didn't. You are the author and your life is the sentence. The semicolon is a reminder to pause, breathe and keep going.

Fresh A.I.R. Gallery to Host "Happy, Joyous & Free" Exhibit

Fresh A.I.R. (Artists in Recovery) Gallery will present "Happy, Joyous, & Free!" an exhibition by Pennsylvania artist Ann Lemon March 29 - May 5. Through letterpress prints, paintings, photographs and other graphic media, the artist wittily interprets common words and phrases related to recovery. Ann is a recovering alcoholic, addict, and codependent, and has been continuously in recovery since 1998.

[Fresh A.I.R.](#) is a project of Southeast Healthcare Services. The gallery is located at 131 N. High St. in Columbus, and is open weekdays from 8 a.m. to 5:30 p.m. For more information, call 614.744.8110.



News & Research Roundup

Mental Health America Unveils National Advanced Peer Specialist Credential

After years of development, Mental Health America (MHA) has [*announced the release*](#) of a National Certified Peer Specialist (NCPS) credential. This first national advanced credential lets [*peers*](#) show they have the highest levels of knowledge and experience to create new opportunities in public and private settings. Developed with the input of thousands of peers and leaders from both public and private sectors, MHA's NCPS credential is true to the core values of peer support and creates the high, uniform standards needed for expansion into the private sector. MHA NCPS Certification requires: a minimum of 18 months documented experience (3,000 hours), a high school diploma/GED, in-depth knowledge in six domains of practices (foundations of peer support, foundations of healthcare systems; mentoring, shared learning and relationship building; activation and self-management; advocacy and personal and ethical responsibilities; prior state certification requiring a minimum of 40 hours of peer support training OR completion of MHA-approved training and employment in a peer support role and a passing score on an in-person, moderated examination.) Learn more about the MHA National Certified Peer Specialist credential at www.CenterforPeerSupport.org. A limited number of scholarships for the application and examination are available through www.NationalPeerSpecialist.org.

Facebook Increasing Efforts to Prevent Suicides

Facebook is stepping up efforts to prevent suicides. This month, the social media platform announced plans to integrate real-time suicide prevention tools into Facebook Live. Additionally, Facebook will offer live-chat support from crisis support organizations and make it easier to report suicide or self-injury. Facebook is also testing artificial intelligence to scan for posts as well as comments that indicate suicidal ideation and report them to the community operations team for review and possible intervention. [*Read more.*](#)



UC Researchers Develop Therapy To Fight Cocaine Addiction

University of Cincinnati researchers have developed an immunotherapy that could be the first FDA-approved medication to block the effects of cocaine. The researchers have isolated an antibody that, when injected into the bloodstream, attaches to cocaine and prevents it from entering the brain. The immunotherapy would be given at doses that remain effective for at least 30 days. Toxicology studies and a second round of tests in animals are needed before applying to the FDA for human clinical trials. These studies should be completed within a year. The research team hopes to begin human studies in 2018. Cocaine has increasingly played a role in the opioid and heroin epidemic nationally. It's often a secondary drug choice of those who use heroin and prescription painkillers, according to a [*Cincinnati Enquirer report*](#).

Research Finds Many Links Between Alcohol and Suicide

A growing body of research points to the relationship between alcohol and suicide. Taking steps to reduce the availability of alcohol may help to reduce the number of suicides, said Raul Caetano, MD, PhD, Senior Research Scientist at the Prevention Research Center of the Pacific Institute for Research and Evaluation, co-author of a [*study published in the journal Addiction*](#) in 2015 that found the density of both on- and off-premises alcohol outlets in a county is associated with alcohol-related suicide. Economic factors also play a role in alcohol-related suicide. In a [*study published in 2015 in Injury Prevention*](#), Dr. Caetano and colleagues looked at suicide data before, during and after the U.S. recession of 2008-2011. They found the fraction of alcohol-related suicides increased 7 percent after the onset of the recession, from 22.2 percent in 2005-2007 to 23.9 percent in 2008-2011. Another study Dr. Caetano co-authored in 2015 found gender differences in alcohol-related suicide. The [*study, published in Alcoholism: Clinical and Experimental Research*](#), also found differences among ethnic groups. A [*study in the same journal published in 2013*](#) found alcohol use and legal intoxication before attempting suicide are common among U.S. ethnic groups, especially among men.

American Academy of Pediatrics Issues New Guidelines for Talking to Teens About Marijuana

The American Academy of Pediatrics (AAP) has [*issued new guidelines*](#) for doctors and parents to talk to teens about the risks of using marijuana. The organization said changes in the legal status of marijuana may lower teens' perceptions of the risk, and may lead to more teens trying the drug. A recent survey found there is a decrease in the percentage of teens who say they believe there is a great risk in smoking marijuana once a month or once or twice a week. Doctors should screen preteens and teens for marijuana use, the group said. If they find a teen is using marijuana regularly or heavily, they can then decide if the teen would benefit from treatment, including counseling and medication. Parents should tell teens marijuana can cause abnormal brain development and impact memory, concentration and executive functioning skills, the AAP said.



News & Research Roundup, cont.

Study: Patients Need Fewer Pain Pills After Surgery

A new study finds that providing surgeons with guidelines on prescribing painkillers for specific types of surgeries resulted in a 53 percent drop in opioid prescribing, according to [The Washington Post](#). The researchers from Dartmouth-Hitchcock Medical Center surveyed patients undergoing common surgeries about how many painkillers they took. The procedures were partial mastectomy, partial mastectomy with a lymph-node biopsy, gall-bladder removal and two kinds of hernia repair. Patients consumed only 28 percent of the opioids they were prescribed, the researchers reported in the [Annals of Surgery](#). Based on the survey, the researchers recommended surgeons limit the number of painkillers to five for partial mastectomy, 10 for partial mastectomy with a lymph-node biopsy, and 15 for the other three operations. Surgeons should tell patients they would most likely be able to manage their pain with ibuprofen or acetaminophen, the guidelines state.



USC Researchers: Addiction Treatment More Successful if it Lasts More Than 30 Days

University of Southern California researchers say addiction treatment is most successful when it lasts longer than 30 days. They found after one year, the treatment success rate was 55 percent for those who underwent a 30-day treatment program, and 84 percent for those in treatment programs that lasted longer. The 72 people in the study were being treated for a variety of addictions, including opioids, amphetamines, benzodiazepines and alcohol, [HealthDay reported](#). The study appears in the [Open Journal of Psychiatry](#).

Opioid Use Among Teens Decreasing, Studies Suggest

Opioid use is declining among high school seniors, according to a new study published in the journal [Pediatrics](#). The study examined prescription opioid use nationwide among high school seniors from 1976 to 2015. Teens were asked whether a doctor had ever prescribed them opioids, and how often they had taken prescription opioids without a doctor's instruction. About one-fourth of seniors said they had used opioids at least once for any reason. The study found opioid use in this age group rose in the 1980s, decreased in the 1990s and increased in the early 2000s, before dropping again starting in 2013.



SAMHDA Launches Improvements to Public-use Data Analysis System

The Substance Abuse and Mental Health Data Archive (SAMHDA) has made significant improvements to the [Public-use Data Analysis System \(PDAS\)](#). Through this system, users can perform online analyses to create crosstabs and perform logistic regression from any web browser. Users can also download output and underlying data in .csv format. Upgrades to PDAS include state data for the National Survey on Drug Use and Health Small Area Estimate, mapping and visualization tools and an enhanced user interface.

APA Releases Guidelines To Help Patients, Clinicians Evaluate Specific Apps

The American Psychiatric Association in January released guidelines to help patients and their clinicians evaluate specific apps. The American Medical Association has announced it will soon follow suit. The [APA App Evaluation Model](#) is a culmination of two years of discussions and focus groups by the APA Workgroup on Smartphone Evaluation, and the Massachusetts Psychiatric Society's Health Information Technology Committee.

New SAMHSA Publications

SAMHSA has released several new resources on mental health and substance use. Click the links to learn more.

[2015 Report to Congress for the Evaluation of the Comprehensive Community Mental Health Services for Children with Serious Emotional Disturbances](#)

[A Collaborative Approach to the Treatment of Pregnant Women with Opioid Use Disorders](#)

[An Introduction to Bipolar Disorder and Co-Occurring Substance Use Disorders](#)

[Obsessive-Compulsive Disorder and Substance Use Disorders](#)

[Decisions in Recovery: Treatment for Opioid Use Disorders](#)

[Chronic Substance Use and Cognitive Effects on the Brain: An Introduction](#)

[Prescription Drug Monitoring Programs: A Guide for Healthcare Providers](#)

[The Case for Behavioral Health Screening in HIV Care Settings](#)

News & Research Roundup, cont.

Imaging Study Points to Pathway Linking Child Abuse With Mental Illness

Childhood maltreatment is known to be associated with changes in brain structure and with psychopathology, but more needs to be learned about the biological connection between the two. A [*longitudinal study*](#) of 51 adolescents with a history of abuse now suggests that changes in cortical thickness are associated with increased risk of internalizing and externalizing symptoms. The findings by Daniel Busso, Ed.D., of the Harvard Graduate School of Education and colleagues were published in the *Journal of Child and Adolescent Psychiatry*. The researchers found that child abuse was associated with reduced cortical thickness in several regions of the lateral and medial prefrontal cortex and temporal cortex. The thickness of the left and right parahippocampal gyrus predicted antisocial behavior symptoms, and the thickness of the middle temporal gyrus predicted general anxiety symptoms.

Infographic: Identifying Early Warning Signs: Addressing Youth Substance Use

The Conrad N. Hilton Foundation has released a new [*Identifying Early Warning Signs: Addressing youth substance use infographic*](#) that promotes screening and early intervention.

Training Opportunities

CWRU Center for Evidence-Based Practices Trainings

The Case Western Reserve University Center for Evidence-Based Practices has released its schedule of upcoming trainings. Click the links below for more information:

April 3 — [*Evidence-Based Interventions for Tobacco Use Disorders \(Fairfield\)*](#)

May 1 — [*Evidence-Based Interventions for Tobacco Use Disorders \(Columbus\)*](#)

May 16 — [*Evidence-Based Interventions for Tobacco Use Disorders \(Cleveland\)*](#)

June 6 — [*Foundations of Motivational Interviewing - Part 1 \(Moraine\)*](#)

June 21 — [*Foundations of Motivational Interviewing - Part 2 \(Moraine\)*](#)

June 28 — [*Motivational Interviewing: Clinical Supervision Tools \(Moraine\)*](#)

Responding Effectively to Veterans in Crisis — March 30

The Mental Health and Recovery Board of Ashland County will host [*“Responding Effectively to Veterans in Crisis”*](#) March 30. Clinical psychologist and retired Army Colonel Dr. Kathy Platoni will provide two seminars for first responders, health care providers, emergency and crisis workers and mental health professionals. The morning session will focus on the diagnostic label of Post-Traumatic Stress Disorder viewed as a normal reaction to abnormal circumstances and as a psychological injury rather than as a mental illness. In the afternoon, Dr. Platoni will provide information and guidelines for responding to military veterans who are experiencing a psychiatric crisis.

Assessing and Managing Suicide Risk (April 4) and Collaborative Assessment and Management of Suicidality Trainings (April 12)

The Ohio Suicide Prevention Foundation (OSPF) is sponsoring an [*Assessing and Managing Suicide Risk training*](#) on April 4 at the Crowne Plaza North-Worthington. OSPF is also hosting a [*Collaborative Assessment and Management of Suicidality training*](#) on April 12 at the Summit County Public Health Auditorium in Akron. Click the links for more information.

Advanced Disordered Gambling Trainings — April 6 & 7

OhioMHAS, in partnership with Ohio for Responsible Gambling, is pleased to announce that Dr. David Ledgerwood from Wayne State University will lead a pair of upcoming Advanced Disordered Gambling Trainings in Cleveland and Columbus. The trainings will provide six (6) CEU's for social workers, counselors, and gambling counselors as well as 6 RCH's for chemical dependency counselors. Prerequisite: Stages 1 and 2 or approved gambling counseling training. Cost is \$25, and breakfast and lunch are included. Upon completing the training, participants will be aware of recent research on factors that influence the effectiveness of problem gambling treatment; will understand how co-occurring disorders, trauma, impulsivity and reward processing deficits negatively impact gambling treatment success, and will be able to incorporate treatment strategies that stress therapeutic alliances, as well as approaches that minimize the impact of psychopathology on treatment failure.

Training Opportunities, cont.

Advanced Disordered Gambling Trainings, continued

April 6 – Cleveland | Recovery Resources, 4269 Pearl Road

[Register here](#)

April 7 – Columbus | Ohio Department of Natural Resources, 2045 Morse Rd. Building E, East Conference Room

[Register here](#)

2017 Ohio Regional Peer Recovery Supporter Symposiums

OhioMHAS, in partnership with the Peer Center, is pleased to launch a series of free, regional Peer Recovery Supporter Symposiums. All symposiums begin at 9 a.m. with check-in beginning at 8:30 a.m. [Registration](#) is required. Upcoming symposiums include: April 5 – Dayton, April 19 – Akron, May 3 – Cincinnati and May 17 – Toledo. Click [HERE](#) for more information.

2017 Disparities and Cultural Competence (DACC) Learning Community Webinar Series

The Disparities and Cultural Competence (DACC) Advisory Committee has released its 2017 Learning Community Webinar Series. Upcoming trainings include (click the links to register):

April 18 – 11 a.m.-12:30 p.m. | [Understanding Unintentional Drug Overdose in Minority Communities](#)

May 17 – 10-11:30 a.m. | [Utilizing Interpreters in Health and Human Services](#)

June 21 – 10-11:30 a.m. | [Chronic Co-Morbidity Implications of Treatment](#)

July 12 – 10-11:30 a.m. | [The Ohio Systemic Approach to Reducing Infant Mortality](#)

Annual Housing Ohio Conference — April 10-12

The Coalition on Homelessness and Housing in Ohio is hosting the [2017 Housing Ohio Conference](#) April 10-12 at the Sheraton Columbus Hotel on Capitol Square. This year's Housing Ohio keynote speakers will highlight the nexus between housing and healthcare, and provide insights on the future of federal efforts to fight homelessness under the new Trump Administration.

COS/Peer Advocacy Training — April 13

The Ohio Association of County Behavioral Health Authorities is sponsoring a free advocacy training for consumer-operated service providers and peer support organizations on April 13 at the Sheraton Hotel in Columbus. Former Ohio Governor Bob Taft will speak, among others. Lunch will be provided. CFPT funds may be used to reimburse travel to this event. To register, please email Cody Williams at cwilliams@oacbha.org. For space reasons, please limit registrations to two representatives from each organization. Registration closes April 7.

National Rx Drug Abuse & Heroin Summit — April 17-20

Sam Quinones, author of *Dreamland: The True Tale of America's Opiate Epidemic*, will headline the 2017 National Rx Drug Abuse & Heroin Summit April 17-20 in Atlanta. This year's Summit will focus on a variety of topics, including: heroin, law enforcement, clinical, advocacy, prevention, prescription drug monitoring programs, treatment, pharmacy, third-party payers and federal issues. Click [HERE](#) for more information and to register.

Register Now! Early Childhood Mental Health “Skills to Action” Conference – April 19-20

The OhioMHAS Bureau of Children and Families will host its inaugural [Early Childhood Mental Health “Skills to Action” Conference](#) April 19-20 at the Columbus Airport Marriott. Click the link for more information and to register. Questions? Please contact Judith Santmire with the Ohio Child Care Resource and Referral Association at 614.396.5959 or jsantmire@occrra.org.

We are the Majority Concert, Resiliency Ring and Rally — April 20

The Ohio Youth Led Prevention Network will host its sixth annual *We Are the Majority Concert, Resiliency Ring, and Rally* on April 20, at Genoa Park in downtown Columbus. Students will have opportunities to learn the importance of living a positive, healthy lifestyle and to march to the Ohio Statehouse to let their voices be heard on this important issue. This event is open to all Ohio middle and high school students. Register today at: <https://eventgrid.com/Events/31202/2017-we-are-the-majority-rally>. Travel stipends are available.

Training Opportunities, cont.

Forum to Promote Careers in Addiction, Mental Health Fields – April 24

The Ohio Department of Mental Health and Addiction Services (OhioMHAS) is hosting a student and provider [workforce development forum](#) on April 24 at Columbus State Community College. The forum agenda will highlight information regarding workforce need and benefits. Students will have the opportunity to network with providers and other attendees in the field. Prospective employers will discuss crisis needs in the field, career pathways, internship and career opportunities. Sheila Raye Charles is the featured forum speaker. Daughter of legendary icon Ray Charles, she is a powerful and dynamic advocate on recovery and the importance of an educated and skilled behavioral health workforce to address issues of addiction and recovery. Offsite colleges and universities are also invited to participate via live-stream to maximize local community engagement and outreach. For more information, contact Adreana Tartt at 614.466.9006 or Adreana.Tartt@mha.ohio.gov.

Starting at Home Conference — April 27-28

The Ohio Housing Finance Agency and the Ohio Capital Corporation for Housing are pleased to announce the second [Starting at Home Conference](#), April 27-28 at the Renaissance Columbus Downtown Hotel. This training is designed to bring together academics, philanthropists and practitioners to discuss the connections between the need for affordable housing and other policy challenges, such as transportation equity, infant mortality, educational achievement and the health of older adults. Questions? Please contact Amy Summers at asummers@ohiohome.org or 614.387.1664.

Youth to Youth International “Making the Way Easy” Adult Training — April 27-28

Youth to Youth International will present [Making the Way Easy](#) a training for adults on April 27-28 in Tampa, FL. This dynamic, interactive training is an ADULT ONLY opportunity to learn and enhance the skills of the adults who work with young people to effectively engage them in their programs and initiatives. Open to any adult who works in youth-led prevention, youth leadership, youth development, youth advocacy, or community coalitions involving youth.

Deconstructing Anxiety — April 29

Clinical psychologist Todd Pressman, Ph.D., author of *Radical Joy* and *The Bicycle Repair Shop: A True Story of Recovery from Multiple Personality Disorder*, will present [Deconstructing Anxiety: A Powerful New Approach for Understanding and Treating Anxiety Disorders](#) on April 29 at the Embassy Suites by Hilton Columbus. This workshop offers six (6) continuing education hours for psychologists, social workers, therapists, nurses and others.

Fourth Annual Trauma-Informed Care Summit — May 1-2

OhioMHAS and the Ohio Department of Developmental Disabilities will host the Fourth Annual Trauma-Informed Care Summit, “Creating Environments of Resiliency and Hope” May 1-2 at the Hyatt Regency Columbus. View the [Day One agenda](#). View the [Day Two agenda](#). Click [HERE](#) to register.

NBH Annual Spring Conference — May 5

Northcoast Behavioral Healthcare will host its 2017 Spring Conference Medication Assisted Treatment for Opioid Dependence and Abuse on May 5 in Northfield. Dr. Muhammad Momen, NBH medical director, will serve as moderator. Watch eNews for registration information.

ADAPAO Conference — May 11

ADAPAO will host its annual conference “Expanding Our View: Taking a Comprehensive Approach to Prevention” on May 11 in Columbus. The conference will feature Dr. Kelly J. Kelleher, director of the Center for Innovation in Pediatric Practice at Nationwide Children’s Hospital and several of Ohio’s other leading prevention experts. Click [HERE](#) for more information.

Summit Behavioral Healthcare Recovery & Wellness Fair — May 12

Save the date! Summit Behavioral Healthcare will host its annual Recovery and Wellness Fair from 8 a.m. to 4:30 p.m. on May 12. More details will be available in coming weeks.

OYLPN Youth Leadership Summit — May 20-21

The Ohio Youth-Led Prevention Network will host its annual Youth Leadership Summit May 20-21 at Great Wolf Lodge in Mason. Visit <https://www.drugfreeactionalliance.org/> for more information.

Training Opportunities, cont.

Ohio Safe & Healthy Schools Summit — June 6

OhioMHAS, in partnership with the Ohio Department of Education and PreventionFIRST!, will host a [Safe and Healthy Schools Summit/Supporting Youth Through Evidence-Based Practices training](#) June 6 from 8:30 a.m.-4:00 p.m. at the Quest Conference Center in Columbus. The Summit will provide school staff and behavioral health professionals an opportunity to learn about the successes of the [Safe Schools & Healthy Students federal grant](#) that Ohio has been administering for the past four years. Questions? Contact Cathy Born at cborn@prevention-first.org or 513-751-8000 ext. 10.

Mental Health America 2017 Annual Conference — June 14-16

Mental Health America will host its 2017 Annual Conference “Sex, Drugs and Rock & Roll” June 14-16, 2017, at the Hyatt Regency Washington on Capitol Hill in Washington, D.C. Click [HERE](#) for more information and to register online.

NaBITA BIT Foundations Certification Course — June 28-29

The National Behavioral Intervention Team Association is sponsoring a [Behavioral Intervention Team Certification Course](#) June 28-29 at Cuyahoga Community College. This training is designed for schools that are in the early stages of behavioral intervention team (BIT) development or that do not yet have a team. The course will offer a concise and easy to understand overview of how BITs function in three distinct phases: gathering information, the analysis and application of a rubric based on collected information and the intervention and follow-up plan.

Free Online Suicide Prevention Trainings for College Students

The Ohio Suicide Prevention Foundation ([OSPF](#)) is offering free, online, self-paced suicide prevention trainings for the higher-ed community and webinars describing how to offer the trainings in your learning institution. Two [Kognito](#) gatekeeper trainings — [LGBTQ on Campus](#) and [Veterans on Campus](#) — are for all students attending Ohio colleges and universities. These trainings educate students on how to recognize the warning signs of distress in their peers and how to help their peers find support. Both trainings use avatars to enable users to practice having tough conversations when they see a friend at risk. Through these conversations, users are given confidence in recognizing, discussing, and referring peers to appropriate services who are in distress or at-risk for suicide. For more information on the trainings visit: ohio.kognito.com.

SAMHSA Assisted Outpatient Treatment Program Trainings

SAMHSA is sponsoring [three upcoming training sessions](#) for individuals working in the field of community mental health who are interested in launching and operating an assisted outpatient treatment (AOT) program. AOT is a court-ordered treatment program that focuses on community integration and recovery for high-risk individuals with serious mental illness. There is evidence that AOT is effective in reducing rates of hospitalization, homelessness, arrest, and incarceration, while reducing costs and improving the health and social outcome of participants. Coordinators and providers of outpatient services for high-risk individuals with mental illness, judges who preside over civil commitment dockets and leaders of peer/family advocacy groups are encouraged to attend. The trainings are scheduled for Las Vegas, NV (May 16-17), Rockville, MD (June 1-2) and Detroit, MI (June 28-29). Click the link for more information.

Star Behavioral Health Providers (SBHP) Upcoming Training Opportunities

Star Behavioral Health Providers (SBHP) is sponsoring a series of upcoming trainings to help behavioral health providers better meet the needs of military service members, veterans and their families. The mission of this program is to provide licensed Ohio behavioral health providers with specific evidence-based training that will help them meet the needs of those impacted by military service. Eligible providers who complete the training may be listed in a comprehensive public access provider registry that identifies them as having completed this training in military issues. The registry is a valuable resource for service members, veterans, families, and referring professionals in and outside the military. Tier One training provides an introduction to military culture, information about the deployment cycle and the effect of the deployment cycle on service members and their families. The training is free to participants, and continuing education units (CEUs) may be earned at no cost. Tier Two trainings are a two-day, classroom based training. To attend a Tier Two training, you have to have completed Tier One training. Tier Three trainings offer behavioral health professionals specific clinical skills that focus on evidence-based treatment. To attend Tier Three trainings, you must be accepted into the registry and have completed Tier One and Tier Two. Learn more and register [HERE](#).