

Governor's SFY 2018-19 Executive Budget Continues to Prioritize Behavioral Health, Sustains Previous Increases to Help Ohioans Find Pathways to Recovery

On Jan. 30, Gov. John Kasich released his Fiscal Year 2018-2019 Executive Budget, which builds on the progress made since 2011 to strengthen Ohio's economy and promote job creation. The Executive Budget will continue to improve the state's jobs-friendly climate, help Ohioans better prepare for careers and college, embrace state government's use of technology, innovate our state's transportation systems, and continue to emphasize the need to support our most vulnerable Ohioans.

Under Gov. Kasich's leadership, Ohio has been recognized nationally for implementing transformative health care policies that have helped to reduce costs, improve health outcomes and strengthen care coordination. The Executive Budget continues to embrace fiscally responsible and innovative reforms that build on the progress made since 2011 so Ohioans can live healthier, more productive lives, and our state's economy has the healthy workforce needed to grow stronger.

Under the leadership of Gov. Kasich, Ohio has made significant progress in connecting individuals and their families to a wide variety of mental health and addiction treatment services and recovery supports, as well as prevention and wellness initiatives. Working collaboratively with local partners, the state has established and expanded interventions that are making positive, meaningful change in Ohio's behavioral health landscape. Through the Executive Budget, the Administration will continue to address the opioid crisis, treatment and prevention workforce shortages, and the lack of access to crisis and treatment services.

Some highlights include:

- Continues support for Medicaid expansion up to 138 percent of the federal poverty level.

- Ensures staffing and service capacity levels at all six OhioMHAS-operated regional psychiatric hospitals.
- Expands support for the Strong Families, Safe Communities partnership with the Ohio Department of Developmental Disabilities



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with \$4 million per year (an increase from \$3 million per year) to support families in crisis with youth who are at risk to be a danger to themselves or others due to unmanaged symptoms related to a mental illness or developmental disability.

- Provides \$750,000 per year (Increase from \$500,000) toward the lifesaving overdose reversal drug naloxone. Additionally, the Ohio Department of Health has plans to expand the number of Project DAWN sites.
- Provides \$3.4 million annually to address gaps in workforce capacity by supporting residency and traineeship programs for psychiatrists, psychologists, physician assistants and social workers. Also assists with recruitment and retention of workforce by supporting community behavioral health centers in the provision of clinical oversight and supervision of practitioners working toward their independent licensure.
- Sustains the Addiction Treatment Program, which presently supports specialty docket drug courts in 21 counties.

- Increases commitment to \$4 million per year (increase from \$3 million) for partnerships with ADAMH Boards, local jails and community-based correctional facilities.
- Proposes \$5 million per year to reduce expulsions among at-risk pre-school and kindergarten-aged children.
- Continues previous investment for the provision of evidence-based prevention services, including those specifically provided in school settings as well as suicide prevention efforts.
- Continues support for prison-related addiction recovery services, including services within the institutions and the Community Transition Program to link ex-offenders with recovery supports (e.g. housing, transportation, employment, education, peer support, life skills development, spiritual support and relapse prevention) prior to their release.

Budget Resources

OhioMHAS is committed to keeping Ohio's behavioral health care field up-to-date on the budget. Follow the progress at mha.ohio.gov/budget.

Email questions to:

statebudgetquestions@mha.ohio.gov.

- [1.31.17 OhioMHAS Stakeholder webinar slides](#)
- [Recorded stakeholder webinar](#)
- [2.8.17 OHT House Finance Committee testimony](#)
- [Governor's Budget Detail](#)
- [OHT Budget Detail](#)



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

- 1.6 Spoke at a quarterly meeting of the Ohio Judicial Advisory Board about budget priorities.
- 1.6 Hosted stakeholder webinar to discuss Ohio's 21st Century Cures Act grant application.
- 1.10-11 Attended and provided remarks at 2017 Ohio Behavioral Health Conference hosted by the Ohio Association of County Behavioral Health Authorities.
- 1.18 Chaired inaugural quarterly meeting of the Housing and Homelessness Collaborative.
- 1.27 Provided remarks at the quarterly OhioMHAS Planning Council meeting.
- 1.30 Participated on a panel discussion about services available for multi-system youth hosted by the Attorney General's Task Force on Criminal Justice and Mental Illness.
- 1.30 Attended roll out of Gov. Kasich's executive budget proposal for SFY 2018-19.
- 1.31 Participated in SFY 2018-19 Budget Overview webinar for OhioMHAS stakeholders.

February is Teen Dating Violence Awareness Month.
Visit <http://www.breakthecycle.org/> for more info.

PSA Contest: Ohio Students Invited to Create Videos to Support Start Talking! Prevention Initiative

Drug-Free Action Alliance and the Start Talking! drug prevention program, with funding support from Verizon, are inviting Ohio students in grades 6-12 to test their creativity and produce 60-second videos offering tips on how adults and youth can have frequent and honest conversations about substance abuse.

Start Recording & Start Talking
video contest

made possible by **verizon** and **DEPA**

Drug-Free Action Alliance and Start Talking!

The Start Recording & Start Talking video contest encourages Ohio youth to create informational videos that share tips and best practices about how youth can stay drug-free. The producers of the top videos have a chance to win up to \$2,500 in college-savings awards. Once the contest closes on March 3, each entry will be reviewed by representatives from Drug-Free Action Alliance and Start Talking!

Winners will be selected on March 31 and prizes will be awarded in mid-April. The first-place video producers will receive a \$2,500 College Advantage college-savings award; second-place video will be awarded a \$1,500 college-savings award; and third-place will receive a \$1,000 college savings award. Contest [details, rules and information](#) about how students may submit their videos are available on the [Start Talking website](#).

Residential State Supplement (RSS) Program Wait List Announced

The Ohio Department of Mental Health and Addiction Services (OhioMHAS) anticipates having a waiting list for the Residential State Supplement (RSS) program before the end of State Fiscal Year (SFY) 2017.

RSS provides financial assistance to adults who have increased needs due to a disability that are not severe enough to require long-term care in an institution, such as a nursing home or hospital. The Department is excited to announce that program enrollment has reached approximately 2,300 individuals statewide.



Completed program applications will continue to be reviewed in the order in which they are received. When the waiting list is initiated, new applications will be processed per the RSS Waiting List Policy, which is available online at www.mha.ohio.gov/RSS. For more information, please contact RSS@mha.ohio.gov.

Montgomery County's Think Again Campaign Raising Awareness About Heroin Epidemic

By: Ann Stevens, Public Information Coordinator, Montgomery County ADAMHS Board

The heroin epidemic is overwhelming for every community. How to tackle the issue from a public education/awareness perspective is also overwhelming. Many people are judgmental when it comes to substance users and their addiction. Horrible comments are posted online about people who are addicted to heroin because a lot of people still don't recognize addiction as a brain disease.

Changing public perception about heroin addiction can be frustrating, but the Montgomery County Alcohol, Drug Addiction & Mental Health Services (ADAMHS) Board is attempting to do just that. We worked with a local advertising firm, C3 Group, to educate, as well as confront the stigma surrounding heroin use and addiction. We developed a simple message — **Think Again**. The slogan is important to communicating the essence of the campaign, and to increase the likeliness of it being memorable. More than just being memorable, the slogan needed to appeal to various audiences and be flexible enough to be applicable in multiple situations.

Messaging was incorporated through the campaign and its many elements, highlighting the misconceptions behind the heroin epidemic and encouraging the public to rethink their perceptions regarding addiction. Along with the messaging, we approached

the project with the goal of delivering a sense of hope, and incorporating this aspect in both copy and design by:

- **Video** used for television advertising, social media and on website;
- Billboard advertising;
- Heroin fact sheet.

Additional components were developed across a wide range of materials and multiple mediums including:

- Campaign **landing page**
- Transit ads for RTA (bus side panels, audio messaging, standing sign at bus hub)
- **Heroin Reference Guide** (rack card)
- PR component
- Radio advertising
- Direct-mail postcard

Throughout the campaign, the ADAMHS message was distributed across multiple media outlets, giving it the greatest opportunity to maximize the audience it reaches. Furthermore, by using select channels, the organization's services will be delivered directly to those most likely in need. The public awareness campaign was launched in mid-October and will conclude the first week of February. Early analytics from the campaign indicate we achieved increased community awareness about the heroin epidemic that will have tangible, measurable results.

"Today's heroin epidemic is unlike any drug epidemic that we have experienced," Montgomery County Commissioner Dan Foley said. "People need to know there is help available and that recovery from addiction can and does happen."



New Report Shows Continued Progress in Promoting Responsible Opioid Prescribing

Opioid prescribing in Ohio declined for a fourth consecutive year in 2016, according to a **newly released report** from the State Board of Pharmacy's Ohio Automated Rx Reporting System (OARRS).

Between 2012 and 2016, the total number of opioids dispensed to Ohio patients decreased by 162 million doses or 20.4 percent, from a peak of 793 million doses to 631 million doses. The number of opioid prescriptions provided to Ohio patients decreased by 20 percent during the same period. The report also finds a 78.2 percent decrease in the amount of people engaged in the practice of "doctor shopping" since 2012. Additionally, the use of OARRS continued to increase, reaching an all-time high of 24.1 million requests in 2016.

"This report highlights the state's continued efforts to promote best practices when treating patients with prescription opioids" said Steven W. Schierholt, State of Ohio Board of Pharmacy executive director. "I am confident that such best practices, including the use of OARRS, will further decrease opioid prescribing and expose fewer Ohioans to these potentially addictive medications."

Established in 2006, OARRS is the only statewide database that collects information on all prescriptions for controlled substances that are dispensed by pharmacies and personally furnished by licensed prescribers in Ohio.





(l-r) National Crisis Text Line Founder/CEO Nancy Lublin, Mental Health & Recovery Services Board of Seneca, Sandusky and Wyandot Counties Executive Director Mircea Handru and Stark County Mental Health and Addiction Recovery Executive Director John Aller discuss Ohio Crisis Text Line at a Jan. 12 press conference.

Crisis Text Line Already Producing Positive Results

Ohio's suicide prevention efforts now include a crisis texting service that has been used by 15,456 people in the past three years, and has led to active rescues of 243 people who were in serious danger of self-harm.

The crisis text line, a free service founded by Nancy Lublin, is available nationwide, but Ohio is the first state to actively market it through a social media and billboard campaign.

"Ohio is the first one to really go for it," Lublin said at a press conference held during the Ohio Association of County Behavioral Health Authorities' (OACBHA) 2017 Behavioral Health Conference. OACBHA received a \$160,000 contract to help market the Text Line statewide.

Ohioans in crisis can text "4HOPE" to 741 741 to be immediately connected with a trained, volunteer crisis counselor.

"Our job is to take someone from a hot moment to a cool moment," Lublin said.

Data show that 79 percent of Ohioans using the crisis text service are younger than 25 and 10 percent are younger than 13; 85 percent are white; 47 percent are heterosexual; 61 percent say they're sharing something they've never told anyone else, Lublin said. Counselors say issues that come up are likely to include: depression, stress, anxiety, thoughts of suicide, bullying and physical abuse

OACBHA CEO Cheri Walter, OhioMHAS Director Tracy Plouck and several Board executives also addressed the media. See [more photos](#) from the presser.

Human Trafficking Cases Reported to Hotline on the Rise



The number of Ohio human trafficking cases reported to a national hotline has risen sharply, according to a report that says the state is now fourth in call volume. Ohio ranked 11th in calls to the National Human Trafficking Hotline in 2012 and jumped to fourth two years ago, according to the most recent call data included in the [January 2017 report](#) from the Ohio Human Trafficking Task Force.

Among the highlights:

- From July 2013 to September 2016, Ohio children's advocacy centers identified 251 children and young adults as trafficking victims and referred them for services.
- Research from a three-year, \$440,070 federal grant awarded to Ohio in 2014 has identified or helped 114 foreign national victims of sex and labor trafficking in Ohio to date.
- New screening tools for inmates entering Ohio prisons identified 213 potential trafficking victims in the adult prison system in 2015 and 2016 and 22 sex and labor trafficking victims in the youth prison system.

OhioMHAS Promotes National Guidelines for Opioid Treatment

As Ohio begins the transformation with the Behavioral Health Redesign, it is important we implement practices for ease of our providers that are in line with these new changes. The Clinical Roundtable has recommended that the Ohio Department of Mental Health and Addiction Services (OhioMHAS) implement the [National Practice Guidelines for the Use of Medications in the Treatment of Addiction Involving Opioid Use](#) developed by the American Society of Addiction Medicine (ASAM). These Guidelines align with the service and billing practices in accordance to Medicaid Reimbursement, and they will bring our state in alignment with the nationally recognized best practices for the treatment of opioid use disorder.

ASAM guidelines were developed for the evaluation and treatment of opioid use disorder and for the management of opioid overdose. They are primarily intended for clinicians involved in evaluating patients and providing authorization for pharmacological treatments, and they will replace the Low-Dose Protocol initially established for opioid treatment by the former Ohio Department of Alcohol and Drug Addiction Services.

New SBIRT Video Resources

The Ohio Screening, Brief Intervention and Referral to Treatment ([SBIRT](#)) project has released a series of video resources.

Click the links below to view:

[Why SBIRT?](#)

[Benefits of SBIRT](#)

[Advice for Implementation](#)

[Challenges with Implementation](#)

[Success Stories](#)

[Whole Patient Treatment](#)



Attorney General Announces \$2.6M in Grants to Create Trauma Recovery Centers

Ohio Attorney General Mike DeWine announced this month that he is awarding more than \$2.6 million in grants to create five Trauma Recovery Centers in Ohio that will provide crisis intervention to hospitalized traumatic violent crime victims. Ohio will be just the second state in the nation with a network of Trauma Recovery Centers.



The Victims of Crime Act (VOCA) grants were awarded as part of the "Ohio Attorney General's Expanding Services and Empowering Victims" initiative, which was created in 2015 to determine how VOCA funds — which come from federal settlements, fines and fees — could best be spent to serve victims of crime in Ohio.

The Trauma Recovery Centers (TRCs) will each operate in partnership between five victim service providers and five hospitals throughout the state. TRC trauma counselors will provide immediate mental health support and advocacy to hospitalized patients who are the victims of traumatic violent crimes such as gunshot/stab wounds, gang violence, physical attacks, sexual assault, human trafficking, domestic violence and hate crimes. Grant recipients include:

- The Ohio State University STAR Program and The Ohio State University Wexner Medical Center: \$839,335
- Circle Health Service and University Hospitals (Cleveland): \$993,424
- May Dugan Center and MetroHealth (Cleveland): \$545,363
- Seven Hills Neighborhood Houses and Cincinnati Children's Hospital: \$125,685
- CitiLookout and Springfield Regional Medical Center: \$171,963

Additional TRCs throughout the state could be awarded funding in the future.

TRC advocates will provide patients with trauma counseling and assistance with any other immediate needs such as food, clothing, and housing. An advocate will also help victims apply for victim compensation and will, if needed, arrange for victims to receive more specialized assistance, such as substance abuse treatment, sexual assault or domestic violence services, legal advocacy, or spiritual guidance.

After patients are released from the hospital, TRC counselors will continue to advocate on the behalf of the victims to ensure that they maintain access to critical victim services. Because getting to and from counseling can often be a barrier to treatment, advocates can also arrange for any needed transportation.

Ohio's program is modeled on California's network of TRCs, launched by the University of California at San Francisco (UCSF) and UCSF Medical Center. That program reports 74 percent of patients showed an improvement in overall mental health and a 56 percent increase in victims returning to employment.

Access Success Funding Eases Transition Home from Hospitals

Access Success is a collaboration between OhioMHAS and the Ohio Department of Medicaid that provides a resource for regional psychiatric hospital (RPH) patients' discharge. The goal of the program is to support a patient's transition back into the community by offering one-time temporary financial resources and increased stability until long-term support becomes available.

The program has proven to be an effective tool for treatment teams to address some of the patient's physical, emotional and psychological needs in the discharge planning process. Funds are often used to meet the need for suitable housing, food, clothing, furnishings and other necessities. In addition, funds may be used to obtain therapeutic services, supports or devices that the team believes will help the patient maintain stability and reduce the frequency of inpatient admissions.

Access Success encourages a partnership between the RPH, patient, local board and outpatient mental health provider in developing a plan for how the funds can best be used on behalf of the patient. The team also must address a plan for sustainability for the long-term benefit of the patient.



Access Success has grown in its use since it was first rolled out in Fiscal Year 2016. Treatment teams have increasingly come to utilize it to implement creative plans to overcome barriers to discharge. In 2016, more than 35 patients benefitted. So far, in SFY 2017, it has already assisted 33 patients with 19 different boards or mental health providers participating. The program has received positive reviews.

"I just wanted to let you know how helpful the funds from the Access Grant are," wrote Shirley Galdys of the Marion-Crawford ADAMH Board. "Our patient was granted SSI and now has his own apartment. We also purchased him some furniture and kitchen stuff. He is delighted with this new arrangement and so far is compliant with medication. It is the best he has ever been and the best living conditions he's ever experienced. Thank you for this kind of support. It really helps us do much more effective discharge planning!"

The most important benefit of Access Success is the impact it has had on the consumers. One consumer was so grateful for how it had helped him that he sent the hospital a thank you card and pictures of his new apartment and bicycle.

For questions about Access Success, contact Todd Feasel at 614.644.8434 or Todd.Feasel@mha.ohio.gov.

Summit County Launches Addiction Help Line

The Alcohol, Drug Addiction and Mental Health Services (ADM) Board of Summit County launched a new Addiction Help Line this month to assist individuals who are looking to recover from an alcohol, drug or gambling addiction.

Summit County residents can call **330.940.1133** from 8:30 a.m. to 4 p.m., Monday through Friday to learn about local treatment options. Addiction Help Line staff assist callers with identifying an agency that will meet their needs and then provide a warm hand-off and schedule an initial appointment. The ADM Board is contracting with Akron Summit Community Action, Inc., to manage the line.

"We recognize the importance of getting people the help they need in a timely manner when they are ready to start their recovery," said Jerry Craig, ADM Board executive director. "The Help Line will fast track making the connection between those seeking addiction services and local treatment providers."



Tri-County Board Unveils Plans for Wellness Center

The Tri-County Board of Mental Health unveiled its vision for a "one-stop shop" for health and human services under one roof in a center they've dubbed "One Wellness Place." Project plans call for the construction of a 35-40,000 square foot building to house a variety of health and human services agencies. Once completed, services will be available for Miami, Shelby and Darke county residents.

[Read more.](#)



(l-r) Sandusky Artisans Recovery Community Center founders Joeey and Mary Supina lead a workshop at the 2017 Behavioral Health Conference.

Erie County Couple, Advocates Honored by Local Paper

The *Sandusky Register* this month named Joey and Mary Supina, founders of the [Sandusky Artisans Recovery Community Center](#), as its 2016 Humanitarian Award recipients for their work to help individuals in recovery from mental illness and addiction.

"When no one else would, they delivered innovative solutions to sobriety in Erie County," the paper stated in honoring the couple. "When no one else could, they stepped up to spearhead the area's addiction recovery movement. And now they're the ones who hundreds look to for inspiration when achieving healthier, more fulfilling lives."

"Joey and Mary Supina are the heroes leading the community in the recovery movement," said *Register* Managing Editor Matt Westerhold. "They are saving lives through their work every day."

Established in 1997, Artisans remains Erie County's leading organization providing an outlet for community members

copied with addictions and mental health issues.

At its building on East Market Street in downtown Sandusky, the nonprofit aims to integrate the arts with the mental health community. It also provides sponsors, meetings, guidance and other resources in supporting those suffering from withdrawal.

The Supinas have also been involved with the development of a new 16-bed detox center, a recovery high school and an annual Recovery Walk.

"Mary and I are humbled and honored to receive the 2016 Humanitarian Award," Joey said.

"We are inspired by all those who continue to advocate for recovery from mental illness and substance use disorders. It is a great honor to be a small part of this growing recovery movement, and we look forward to the day when these issues are totally free from stigma and discrimination."

New Ohio Substance Abuse Monitoring Network Reports

The Ohio Substance Abuse Monitoring (OSAM) Network has released the most recent drug trend report: [Surveillance of Drug Abuse Trends in the State of Ohio: January-June 2016](#). The report analyzes emerging, regional drug trends throughout Ohio. OSAM also released a new OSAM-o-Gram [Statewide Increases in Methamphetamine Linked to Heroin](#).

For questions or comments related to either publication, please contact OSAM Principal Investigator R. Thomas Sherba, Ph.D., at 614.466.9020 or Tom.Sherba@mha.ohio.gov.

OSAM | Ohio Substance Abuse Monitoring Network

Ohio Assisted Outpatient Treatment Toolkit

The Treatment Advocacy Center has released the [Ohio Assisted Outpatient Treatment \(AOT\) Toolkit](#) to assist community leaders in establishing and managing day-to-day operation of an effective AOT program. The Toolkit includes an implementation manual and a Quick Reference Guide to Ohio Law on Mental Health Commitment for probate judges.

Hard copies of the Toolkit are being sent to each of Ohio's Probate Court judges and ADAMH Board executive directors.

The Treatment Advocacy Center plans to host an AOT Symposium on Nov. 2 in Columbus.



Ohio Citizen Advocates, State FASD Steering Committee Seeking Members

Ohio Citizen Advocates for Addiction Recovery (OCAAR) is [seeking](#) applications from individuals interested in serving on the organization's board of directors. The [board](#) consists of individuals in recovery, friends and family members and recovery allies from throughout Ohio. Completed [applications](#) should be sent to sthompson@oca-ohio.org.

The Ohio Fetal Alcohol Spectrum Disorders (FASD) Steering Committee is also seeking committee members. Membership is open to agencies, organizations, groups and individuals who have a commitment to FASD education and advocacy. For more information, contact karen.kimbrough@mha.ohio.

Hancock County Sheriff Honored by OACBHA for Distinguished Leadership

The Ohio Association of County Behavioral Health Authorities (OACBHA), which represents Ohio's Alcohol, Drug Addiction and Mental Health Boards, recently held its annual Legislative Day. The event highlighted how Ohio's ADAMH Boards are leading efforts to develop Recovery-Oriented Systems of Care through collaborations and partnerships.

During a luncheon, volunteer Board members, Board executive directors, and community leaders joined OACBHA in honoring Hancock County Sheriff Michael Heldman who received the *2016 CEO's Award for Distinguished Leadership*.

While presenting the award, Cheri L. Walter, CEO of OACBHA, stated that, "As a leader in Ohio's law enforcement community, Sheriff Heldman's support of community mental health and addiction services, his focus on ways to build creative partnership to address Ohio's opiate epidemic and his support of individuals in recovery and their families make him a true leader in this field."



OACBHA CEO Cheri L. Walter and Hancock County Sheriff Heldman.



New Crisis Stabilization Unit Opens in NW Ohio

The Four County Board of Alcohol, Drug Addiction and Mental Health Services and [Family Services of Northwest Ohio](#) recently hosted an open house for a new 10-bed Adult Crisis Stabilization Unit, which will occupy a wing of the [Comprehensive Crisis Care Center](#) (CCCC) in Napoleon. Five beds are reserved for adult women and five for adult men. The unit will provide crisis stabilization, ambulatory detox, short-term substance abuse treatment, assessment (including for opiates), and psychiatric evaluation and monitoring services for adults. An existing wing at the CCCC provides 10 beds for short-term [teen behavioral health crisis stabilization](#) care.

Fresh A.I.R. Gallery to Feature "Breathe & Bloom" Exhibit

Fresh A.I.R. (Artists in Recovery) Gallery will present *Breathe & Bloom*, an exhibition by artist Gloria Molyneaux Feb.8-March 17. Molyneaux felt post-traumatic stress disorder (PTSD) before she knew its name. She experienced mild, secondary PTSD growing up from repeatedly hearing her closest loved ones tell stories of war, escape, refuge and survival. *Breathe & Bloom* is Molyneux's first public visualization of how her brain worked through trauma toward recovery and healing. Fresh A.I.R. Gallery is a project of Southeast Healthcare Service, a comprehensive provider of mental health, chemical dependency, physical health care and homeless services that has been serving Columbus and its surrounding areas, since 1978. The Gallery is located downtown at 131 N. High St. Hours of operation are Monday-Friday 8 a.m.-5:30 p.m. For more information, call 614.744.8110 or visit http://www.southeastinc.com/fresh_air.php.

News & Research Roundup

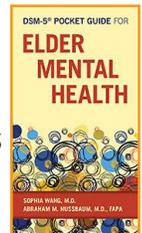
New Crisis Text Line Tool Shows Real-Time Trends by State

A [new tool](#) from Crisis Text Line reveals the location, day of the week, time of day, accompanying issues and words most associated with specific mental health issues. For example, substance abuse peaks at 6 a.m. Eating disorders peak on Sunday and Wednesday. Meanwhile, Vermont, Rhode Island and Mississippi score highest for bullying. Data is updated daily, so real-time trends in mental health throughout the country can be spotted. The updated portal, funded by the Robert Wood Johnson Foundation and available at [CrisisTrends.org](#), enables users to search the data based on geography, issue area and time period. Data visualizations (colored maps) use anonymized and aggregated data from more than 600,000 crisis conversations over three years to make the largest real-time crisis data set in America interactive and accessible to the public. The Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information. Text 4HOPE to 741 741 to connect with a trained crisis counselor.

CRISIS TEXT LINE |

New DSM-5 Pocket Guide to Elder Mental Health

The American Psychiatric Association has published a new [DSM-5 Pocket Guide for Elder Mental Health](#) by Sophia Wang, M.D., of the Indiana University Center for Health Innovation and Implementation Science and the IU School of Medicine and Abraham M. Nuassbaum, M.D., of Denver Health and the University of Colorado. The 400-page, 4.5 by 8-inch guide provides step-by-step instructions on beginning dialogues on depression, substance abuse and suicide, as well as diagnostics on these conditions and others, including delirium and dementia.



SAMHSA Report Highlights Co-Occurring Serious Mental Illness and Opioid Use

The Substance Abuse and Mental Health Services Administration has released a [new report](#) indicating that approximately 1.5 million adults with serious mental illness in the past year misused an opioid during the same period. The report also revealed that approximately one in eight adults who misuses opioids experiences serious mental illness and one in seven with serious mental illness misuses opioids.

SAMHSA White Paper: Opioid Use, Misuse and Overdose in Women

The U.S. Department of Health and Human Services Office on Women's Health (OWH) recently published [Opioid Use, Misuse, and Overdose in Women](#), a white paper that explores what is currently known about the opioid epidemic, describes promising practices for addressing opioid use disorder prevention and treatment for women, and identifies areas that are less understood and may warrant further study. The report was developed as part of an initiative supported by OWH to examine prevention, treatment and recovery issues for women who misuse, have use disorders and/or overdose on opioids.

Study: More Americans with Substance Use Disorders, Mental Illness Got Insurance Under ACA

A [new study](#) from researchers at the Johns Hopkins Bloomberg School of Public Health shows that more people with substance use disorders and mental illness had insurance coverage in 2014 because of the expansion of health insurance under the Affordable Care Act (ACA). The study included data from nearly 30,000 adults with mental illness and more than 19,000 with substance use disorders. The researchers compared insurance coverage for two periods: 2011-2013, before the ACA was implemented, and 2014, the first year it was in place. The Ohio Department of Medicaid shared similar findings in an [assessment](#) prepared for the Ohio General Assembly. Among other findings, Ohioans who became eligible for health care coverage through the state's Medicaid expansion reported that it was easier for them to keep or find work, and most reported better health and financial security as a result of obtaining coverage.

HHS Offers New Adolescent Health Data Sheets

The Health and Human Services Office of Adolescent Health has released [updated national and state data sheets](#). The sheets provide a convenient way for youth-serving professionals, service providers and state and local officials to better understand the health and behavior of adolescents in their area. The data sheets draw on several large, nationally representative surveys, such as the Centers for Disease Control and Prevention's *Youth Risk Behavior Survey*, to provide the latest estimates on adolescent health and behavior. Measures include cigarette and e-cigarette use, health insurance coverage, depression symptoms, binge drinking, bullying, physical activity, sexual behavior, dating violence and more.



News & Research Roundup, cont.

Alcohol Alert, Number 89: Alcohol's Effect on Immunity

Many people are aware that excessive drinking can be harmful to the liver and other vital organs; however, there is another, less obvious body system that is vulnerable to the negative effects of alcohol: the immune system. Because of alcohol's effects on the immune system, people who drink to excess are at increased risk of contracting infectious diseases, may have more complications after surgery, and often take longer to recover from illness, compared with those who drink at lower levels. Disruptions in immune system function also contribute to organ damage associated with alcohol consumption. This new [Alcohol Alert, Number 89](#) from the National Institute on Alcohol Abuse and Alcoholism (NIAAA) reviews the normal workings of the immune system and explores how alcohol interferes with these functions.

Alcohol Alert, Number 90: Improving Health Through Transitional Alcohol Research

Translational research is the process of turning observations made in the laboratory, clinic and community into interventions that improve health — from diagnostics and therapeutics to medical procedures and behavior change. Drawing on human and animal research, this new [Alcohol Alert](#) from NIAAA offers a brief overview of the changes in the brain that underlie the development and progression of alcohol use disorder — from moderate to excessive to compulsive drinking — and how our understanding of these changes is informing — or being translated into — the development of interventions to help people reduce or abstain from alcohol use.

Alcohol Abuse Linked to Higher Heart Risks

An estimated 10 to 15 million Americans abuse alcohol, and now research suggests a link between too much drinking and heart problems, the No. 1 cause of death worldwide. A [study](#) published in the *Journal of the American College of Cardiology* associated alcohol abuse with a doubled risk of atrial fibrillation, a 1.4-fold higher risk of heart attack and a 2.3-fold increased risk of congestive heart failure. However, moderate drinking, on the other hand, may lower the risk of heart failure, according to a 2007 study published in the journal *Circulation*.



Research Examines Link Between Concussions and Alzheimer's

Concussions may speed up the mental decline of people already at risk for Alzheimer's disease, according to researchers from Boston University School of Medicine (BUSM). The team studied 160 Iraq and Afghanistan war veterans, some who had suffered one or more concussions and some who had never had a concussion. Using MRI imaging, the thickness of their cerebral cortex was measured in multiple regions of the brain. "We found that having a concussion was associated with lower cortical thickness in brain regions that are the first to be affected in Alzheimer's disease," corresponding author Jasmeet Hayes, assistant professor of psychiatry at BUSM, said in a [news release](#). Of particular note was that the brain abnormalities were found in a relatively young group, with the average age being 32 years old.

SAMHSA FY2017 Grants to Expand Capacity in Family Treatment Drug Courts



SAMHSA/CSAT has released a [Funding Opportunity Announcement](#) for FY2017 Grants to Expand Substance Abuse Treatment Capacity in Family Treatment Drug Courts. The purpose of this program is to expand and/or enhance substance use disorder (SUD) treatment services in existing family treatment drug courts, which use the family treatment drug court model to provide alcohol and drug treatment (including recovery support services, screening, assessment, case management and program coordination) to parents with a SUD and/or co-occurring SUD and mental disorders who have had a dependency petition filed against them or are at risk of such filing. Services must address

the needs of the family as a whole and include direct service provision to children (18 and under) of individuals served by this project. The deadline to apply is March 3.

National Commission on Correctional Healthcare Position Statement on Opioid Treatment

The National Commission on Correctional Healthcare has passed a [position statement](#) to reflect scientific evidence and new national guidelines for treatment of opioid use disorder and is intended to ensure that people with substance use disorders in custody receive evidence-based care in accordance with national medical standards. This position statement primarily focuses on screening, evaluation, provision of evidence-based treatment and coordination of care for all substance use disorders.

Training Opportunities

Free Online Harvard University Course: The Opioid Crisis in America

Harvard University is offering a free, online, self-paced course on The Opioid Epidemic in America. The seven-week course explores the evolution of opioid use and addiction, focusing on topics such as: medical and non-medical use of opioids; managing pain with and without opioids; risks and neurological pathways to opioid addiction; individual, social and economic impacts of addiction; harm reduction approaches; evidence-based behavioral approaches; and medication-assisted treatment, among others. A verified certificate is available for \$99. The course begins March 27. Click [HERE](#) for more information.

Cuyahoga ADAMHS Winter Workshop Schedule

The Alcohol, Drug Addiction and Mental Health Services Board of Cuyahoga County has released its Winter 2017 Training Institute Workshop schedule. Click [HERE](#) to view upcoming offerings.

DEADLINE EXTENDED! Trauma-Informed Care Summit Call for Workshop Presentations

The deadline to submit workshop proposals to present at the 2017 Trauma-Informed Care Summit slated for May 1-2 at the Hyatt Regency, Columbus, has been extended through Feb. 17. This year's theme is "Creating Environments of Resiliency and Hope in Ohio." The conference planning committee is seeking proposals on a variety of topics, including: mental health/addiction and developmental disabilities services and supports; at-risk special populations; programs for persons throughout the lifespan and in a variety of settings (inpatient, developmental facilities, residential, long-term care, corrections); programs that address vicarious/secondary trauma and steps on becoming a trauma-competent organization. All sessions are 75 minutes. Proposals must be submitted via email to 2017TICSummit@mha.ohio.gov by Feb. 17.

Call for Workshop Proposals: 2017 Annual OPEC Conference – June 26-28

The Ohio Department of Mental Health and Addiction Services (OhioMHAS) Office of Prevention and Wellness is now [accepting proposals](#) to present at the 2017 Ohio Promoting Wellness and Recovery (OPEC) conference. This year's conference will be held June 26-28 at Miami University in Oxford and feature six subject matter tracks: [early childhood mental health](#), [adolescent/transition-age youth treatment & recovery supports](#), [prevention](#), [collective impact](#), [youth empowerment](#) and [cultural competency](#). Workshop proposals must be submitted online by Feb. 24. Visit <http://opeconference.com> for more information.

2017 SBIRT Implementation and Training of Trainers

Ohio SBIRT will host free, six-hour Training-of-Trainers courses to become a Screening, Brief Intervention and Referral to Treatment (SBIRT) trainer in 2017. These trainings are intended for individuals who have previously been trained in Ohio SBIRT Implementation. Both the Training-of-Trainers and the SBIRT Implementation trainings are free and will be offered monthly, beginning in January. Trainings will be held at various locations throughout the state including: Cincinnati, Cleveland, Columbus and Toledo. Click [HERE](#) for a schedule of upcoming trainings.

COHHIO Interactive Trainings for Permanent Supportive Housing Professionals

The Coalition on Homelessness and Housing in Ohio ([COHHIO](#)) has developed an interactive training to bring together housing providers, case managers, service coordinators, property managers and other housing specialists in a forum to discuss and utilize best practices for serving individuals in Permanent Supportive Housing settings. [Survey Says — An Interactive Training for Permanent Supportive Housing Professionals](#), a training inspired by the *Family Feud* Game Show, will be held in [Cleveland](#) (Feb. 7), [Stark County](#) (Feb. 28) and [Butler County](#) (March 7).

Mental Health from a Teen Perspective — Feb. 21

The [Ohio Youth-Led Prevention Network](#) is hosting Mental Health from a Teen Perspective for parents, educators, teachers, community leaders and others who are looking to become more aware of teen mental health issues. The program will be held on Feb. 21 from 6:30-8 p.m. at the Upper Arlington Public Library.

Addressing Opioid Misuse on Campus — Feb. 21

The Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery will host [Addressing Opioid Misuse on Campus: Policy, Treatment and Recovery](#) — a free webinar on Feb. 21 from 2-3 p.m. This online training will feature Dr. Victor Schwartz from the JED Foundation, Kathryn McKee, M.D., medical director of McKinley Hall and Sarah Nerad, program manager of The Ohio State University Collegiate Recovery Community.

Training Opportunities, cont.

2017 Ohio Recovery Housing Conference — March 1-2

Register today to attend [Ohio's Fourth Annual Recovery Housing Conference](#) slated for March 1-2 at the Crowne Plaza Columbus North-Worthington. The conference features learning and networking dedicated to starting and operating quality recovery housing. Click [HERE](#) for full conference program.

2017 Ohio Problem Gambling Conference — March 2-3

Register today to attend the [2017 Ohio Problem Gambling Conference "Fully Integrating Problem Gambling Services into Behavioral Health"](#) March 2-3 at the Nationwide Hotel and Conference Center in north Columbus (Lewis Center). This conference will bring together national and local practitioners in gambling prevention, intervention, treatment, recovery, research, administration and responsible gambling. Early-bird registration is \$75; \$100 after Feb. 4. There will also be three hours of prevention ethics and three hours of treatment ethics available on March 3 for an additional \$35 fee.

Visit www.DrugFreeActionAlliance.org for more information and to register.

OYLPN Legislative Day — March 8

The Ohio Youth-Led Prevention Network youth council will host its annual Legislative Day at the Ohio Statehouse Statehouse on March. For more information, contact asnaveley@drugfreeactionalliance.org.

Relationships Matter! Social-Emotional Development as a Foundation for All Learning — March 9-10

The Childhood League Center will host its annual conference, [Relationships Matter! Social-Emotional Development as a Foundation for All Learning](#) March 9-10 in Columbus. Attendees will learn about the importance of relationships in the development of young children, how these early bonds with caregivers help children grow and learn, and how relationships can be the best vehicle for early intervention when there are developmental concerns. Cost is \$75, which includes lunch and materials. For more information, contact patriciak@childhoodleague.org.

OPPA Annual Psychiatric Update — March 12

The Ohio Psychiatric Physicians Association will present the [OPPA Annual Psychiatric Update "Mental Illness — Helping Ourselves, Our Colleagues and Our Patients"](#) March 12 at the Hilton Columbus at Easton. This program is designed specifically for psychiatrists, residents, medical students and other physicians, including primary care and pediatricians, as well as psychologists, nurses, social workers, counselors and other mental health professionals. Click the link for more information, including speaker bios and information about a free pre-conference session on March 11.

Registration Open: 13th All-Ohio Institute on Community Psychiatry — March 24-25

Northeast Ohio Medical University, in partnership with the Ohio Departments of Mental Health and Addiction Services and Medicaid, will present the [13th All-Ohio Institute on Community Psychiatry "Behavioral Health Re-Design: Focus on Recovery for Ohio's Consumers"](#) March 24-25 at the Crowne Plaza Columbus North-Worthington. This year's conference will explore issues related to behavioral health redesign in Ohio and the challenges facing mental health professionals in meeting the needs of mental health consumers and persons with substance use disorders. The Institute will feature workshops, showcase presentations and a poster session featuring the best of new programs, curricula and practices throughout Ohio. This program is designed for physicians, psychologists, nurses, social workers, counselors, case managers and other mental health professionals. Click the link for the agenda and to register online. For more information, call 330.325.6460 or email cpd@neomed.edu.

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.

Save the Date! Early Childhood Mental Health "Skills to Action" Conference – April 19-20

Mark your calendars! The OhioMHAS Bureau of Children and Families has announced the inaugural [Early Childhood Mental Health "Skills to Action" Conference](#) April 19-20 at the Columbus Airport Marriott. Watch the Department website and eNews for more details in coming weeks.

Training Opportunities, cont.

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. Registration will be available at <https://www.drugfreeactionalliance.org/>.

2017 Starting at Home Conference — April 27-28

The Ohio Housing Finance Agency and the Ohio Capital Corporation for Housing will

Save the Date! ADAPAO Conference — May 11

ADAPAO will host its annual conference on May 11, 2017, in Columbus. The conference will focus on state-of-the-art prevention content for and dialogue with Ohio's prevention professionals and advocates. Specific conference content and registration information will be available in early 2017. Click [HERE](#) for updates.

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.

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.

Click [HERE](#) for photos from the 2017 Ohio Behavioral Health Conference!



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.