



Resiliency Ring Highlights National Children's Mental Health Awareness Week

The National Alliance on Mental Illness (NAMI) of Ohio and YouthMOVE (Motivating Others through Voices of Experience) Ohio joined more than 1,100 communities throughout the nation in celebrating *National Children's Mental Health Awareness Week and Day (May 4)* to highlight the importance of children's mental health.

This year, the national focus of *Awareness Day* was on the importance of integrating behavioral health and primary care for children, youth and young adults with mental and/or substance use disorders. The 2017 national theme was "Partnering for Help and Hope."

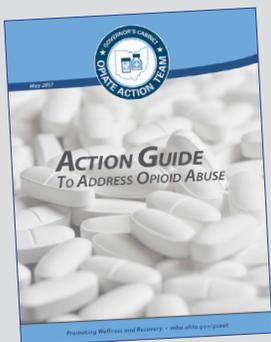
For 12 years, the Ohio Federation for Children's Mental Health, now merged with NAMI Ohio, has held the annual resiliency ring event at the Ohio Statehouse to celebrate the strength and resiliency of children, youth and families who have lived experience with mental health and substance use disorders.

As in previous years, this year's celebration featured youth and family speakers who have received services through Ohio's various

systems of care. The youth and family members discussed the challenges they have faced and how being involved in these programs has helped them achieve success. Ohio Department of Mental Health and Addiction Services (OhioMHAS) Director Tracy Plouck also provided brief remarks, while former National Football League player and current high school football coach Mike Bartrum provided the keynote address.

"Awareness Day is an opportunity for us to join with communities across the country in celebrating the positive impact that we can have on the lives of children, youth and young adults when we are able to integrate positive mental health into every environment," said Angela Lariviere, director of YouthMOVE Ohio. "When we focus on building resilience and social-emotional skills in children, youth and young adults, we can help these individuals and their families thrive."

See [more photos](#) on the OhioMHAS Flickr page.



Updated Community Action Guide to Address Opioid Abuse Available

The Governor's Cabinet Opiate Action Team (GCOAT) recently published an updated *Action Guide to Address Opioid Abuse*. The 20-page resource serves as a blueprint to help communities address opioid addiction at the local level. The guide includes a series of goals and checklists of actionable items, and highlights best practices and successful efforts from communities throughout Ohio.

Click [HERE](#) to view/download/print a free PDF.

"Addiction is an enemy that knows no distinction between incomes or neighborhoods or skin color. It simply seeks to devour everyone and everything. Therefore, there can be no divisions among us as we face this common enemy." — Gov. John R. Kasich, 2017 State of the State Address



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

- 5.1-2 Provided opening remarks during both days of the 4th Annual Trauma-Informed Care Summit.
- 5.3 Attended and provided brief remarks at the 2017 Resiliency Ring for National Children's Mental Health Awareness at the Ohio Statehouse.
- 5.4 Provided budget *testimony* before the Health and Human Services Subcommittee of the Senate Finance Committee.
Participated in "Medicaid, Behavioral Health and Community Corrections" panel discussion at the 16th Annual Ohio Community Corrections Association Conference.
- 5.12 Met with Perry County officials to discuss areas of collaboration around the opiate epidemic.
- 5.15 Visited the OhioMHAS Recovery Services program at Grafton Correctional Institution.
- 5.19 Presented at quarterly OACBHA membership meeting.
- 5.24 Met with Trumbull County officials to discuss areas of collaboration around the opiate epidemic. Traveled to Mahoning County for an editorial board meeting with *The Vindicator*.
- 5.31 Joining Ohio Department of Public Safety Director John Born in providing opening remarks for the 2017 Drug Interdiction, Disruption and Reduction Symposium.



Pictured (l-r): Terry Russell, executive director of NAMI Ohio; David Schenkelberg, chief clinical officer of Hopewell Health Centers; Anne Walker, president of the NAMI Ohio Board of Directors; Earl Cecil, executive director of the Athens-Hocking-Vinton 317 Board; Becky Baker, Amanda's mother; and Marcia and Dan Knapp, Adam's parents.

Athens County Officials Break Ground on Landmark Rehabilitation Center

16-Bed Adam-Amanda Center to Serve Patients Re-Entering the Community After Hospital Stay

The National Alliance on Mental Illness (NAMI) Ohio and the Athens-Hocking-Vinton 317 Board broke ground May 20 on the Adam-Amanda Mental Health Rehabilitation Center, a 16-bed rehabilitation facility that allows patients leaving Appalachian Behavioral Healthcare (ABH) up to 50 days to stabilize before re-entering the community.

The center is located next to the Athens-Hocking-Vinton 317 Board office in Athens. The families of Adam Knapp and Amanda Baker, for whom the center is named, were in attendance and spoke at the ground-breaking. Both Adam and Amanda lost their lives due to mental illness days after being released from inpatient psychiatric facilities. The Knapp and Baker families both stated in their remarks that this center will allow the legacies of their children to live on and help others to recover from the illnesses that took their lives.

The center will be the first of its kind to operate in Ohio and it is the hope of NAMI Ohio to open five more regional centers throughout the state. The ceremony also included remarks from Athens Mayor Steve Patterson; State Rep. Jay Edwards (R-Nelsonville); Earl Cecil, director of the 317 Board; and Jane Krason, CEO of ABH.

The center will be operated by Hopewell Health Centers, which has several locations in and around Athens. This project is the result of collaboration between NAMI Ohio, the Athens-Hocking-Vinton 317 Board, and OhioMHAS, as well as many funders who contributed additional funding and support.

Workshops Provide Guidelines for Journalists Reporting on Suicide

(Pictured at right) Journalism and psychology students at the University of Cincinnati listen as Nerissa Young, a lecturer with the E.W. Scripps School of Journalism at Ohio University, presents on media guidelines for reporting about suicide. The workshop, held on April 13, was one of six conducted throughout the state by Young and John Ackerman, Ph.D., a psychologist with Nationwide Children's Hospital. Workshops were also held at The Ohio State University, Kent State University, Wright State University, Ohio University and John Carroll University. In addition to the workshops, OhioMHAS collaborated with Nationwide Children's Hospital and the E.W. Scripps School of Journalism to develop a webpage to include guidelines for reporting about suicide from news and social media perspectives, examples of good and bad reporting about suicide,



research about how journalism affects suicide contagion, ethical dissections of two local stories about suicide, a suicide reporting checklist and more.

Click [HERE](#) for more information.



Dr. Gina Guadagno presents "From Poppy to Calamity: The Heroin Epidemic" at Summit Behavioral Healthcare's 2017 Recovery and Wellness Fair held on May 12.

Summit Behavioral Healthcare Hosts 10th Annual Recovery and Wellness Fair

More than 130 professionals, community members, recovery advocates and others filled the Summit Behavioral Healthcare cafeteria on May 12 for the hospital's 10th Annual Recovery and Wellness Fair. This year's event featured sessions on Ohio's Suicide Prevention Initiative, the interface between mental illness and criminal justice, the heroin epidemic, positive psychology, LGBTQ issues in treatment and more. Featured speakers included Justice Evelyn Lundberg Stratton (Retired), OhioMHAS Assistant Medical Director Justin Trevino, M.D., and OhioMHAS suicide prevention co-lead Kathy Coate-Ortiz.

View [more photos](#).

Conference Explores Campus Mental Health

The Ohio Program for Campus Safety and Mental Health held a "Creating a Culture of Care" conference on May 23 in Columbus. The keynote was delivered by Doris Iarovici, M.D., who has provided psychiatric care to college students at Duke University and Harvard University. She spoke about the uptick in students expressing anxiety and depression in recent years.

According to the spring 2016 American College Health Association—National College Health Assessment (ACHA—NCHA) survey, 17 percent of college student respondents reported being diagnosed with or treated for anxiety within the last year,

and 13.9 percent reported being diagnosed with or treated for depression. More than 36 percent had "felt so depressed it was hard to function" and 54 percent felt "overwhelming anxiety." In addition, 9.8 percent of respondents reported actively considering suicide within the past year, and 1.5 percent had an actual suicide attempt. Iarovici also reported that 40 percent of students engage in binge drinking. The day continued to focus on identifying trigger warnings, responses to a campus tragedy and ways of building resilience in the generation of emerging adults. The annual conference was sponsored by Northeast Ohio Medical University with support from OhioMHAS and the Margaret Clark Morgan Foundation.

View [more conference photos](#).



Doris Iarovici, M.D.

Northwest Ohio Psychiatric Hospital Staff, Peer Support Specialists Honored

The Mental Health & Recovery Services Board of Lucas County awarded Northwest Ohio Psychiatric Hospital (NOPH) the *Spirit Award for Community Collaboration* at its fourth annual recognition ceremony on May 1. The award is presented to community mental health partners working together to improve the lives of those in Lucas County. NOPH, along with Advocates for Basic Legal Equality (ABLE), Zepf Center, Neighborhood Properties Inc. and group home owner Theresa Foster Johnson received the award for bringing their expertise together to solve a complex case.

For its part, NOPH's Director of Transitional Services Terri Mabrey-Brown connected a patient with ABLE and applied for a supportive housing grant, while ABLE sought asylum under the Immigration and Nationality Act. The other collaborators continued to advocate on behalf of the patient after NOPH's hand-off. The patient continues with his recovery and is in the process of obtaining benefits and finding permanent housing.

"Barriers seem insurmountable, but by coming together, a difference can be made in the lives of those we serve," said Lucas County MHRBSB staff member Tim Goyer while presenting the award.



The Board also honored two NOPH peer support specialists. Daniel Rodgers received the *Consumer Involvement of the Year Award*, while Larry Wanucha was inducted into the *Advocate Hall of Fame*.

Pictured (photo at left) Shanna Taylor, clinical services director; Tamara Junge, CEO; Terri Mabrey-Brown, director of Transitional Services; (photo at right) Larry Wanucha, peer support specialist; Terri Mabrey-Brown, director of Transitional Services; Daniel Rodgers, peer support specialist.

Regional Psychiatric Hospital Staff Participate in Root Cause Analysis Training

Staff from all six OhioMHAS regional psychiatric hospitals participated in a Root Cause Analysis (RCA) Training May 16-17. The training provided a blend of theory and principles, examples and exercises, and organization-specific application of RCA.

RCA is a structured method used to analyze serious adverse events. Initially developed to analyze industrial accidents, RCA is now widely deployed as an error analysis tool in health care settings. A central tenet of RCA is to identify underlying problems that increase the likelihood of errors, while avoiding the trap of focusing on mistakes by individuals. RCA uses a systems approach to identify both active errors (errors occurring at the point of interface between humans and a complex system) and latent errors (the hidden problems within health care systems that contribute to adverse events). It is one of the most widely used retrospective methods for detecting safety hazards.

Participants learned "cause mapping" to analyze problems through cause-and-effect relationship to identify the most



Northcoast Behavioral Healthcare staff sharpen their Root Cause Analysis skills.

American Medical Association Analysis: Ohio Leads Nation in Rx Drug Monitoring

A recent *fact sheet* from the American Medical Association shows that Ohio leads the nation in prescription drug monitoring.

In 2016, Ohio processed more than 24 million queries from physicians and other health professionals through the State Board of Pharmacy's *Ohio Automated Rx Reporting System* (OARRS), far more than any other state.

The significant advantage Ohio has over other states is a direct result of Gov. John Kasich's decision in 2015 to integrate OARRS directly into electronic medical records and pharmacy dispensing systems across the state, allowing instant access for prescribers and pharmacists. These improvements make it easier to track the number of opioids dispensed to Ohio patients, which the AMA reported have decreased 20 percent in Ohio since 2013.



OARRS

Access Success II Helps Union County Man Find Pathway to Wellness

Patrick Richardson has led a varied and interesting life. Born in Marysville, Ohio, he was raised in Texas where he began working as a “repo man” tracking down cars that had been repossessed. From there, he became a private investigator, working cases full of intrigue and drama. In 1991 he got married and had two children. Things were going just fine.

That all changed when Patrick was involved in a near-fatal car accident. After emerging from a month-long coma, Patrick found himself out of work and struggling with a disintegrating marriage. Depressed and anxious, Patrick began drinking to medicate himself. “When I lost my job, I lost my medications,” he recalled. “I bounced from job to job but couldn’t keep it together.” This led to nearly 30 years of very heavy drinking. When his kids moved out and his marriage ended, Patrick’s drinking increased.

The drinking and the depression created an endless cycle of psychiatric hospitalizations, homelessness, crisis and despair. Living in a camper, Patrick’s only solace was his dog Doobie, a bull terrier mix. Eventually he lost even the camper — kicked out because of his drinking — and ended up living homeless on a friend’s property. He knew it was time to give up Doobie — he simply couldn’t care for her.

“It was the hardest thing I’ve ever done,” Patrick said quietly, his eyes misting over.

Patrick took Doobie to the Union County Humane Society and

left his last friend in their care, thinking she was gone forever. Within days, Patrick was in crisis and admitted to Twin Valley Behavioral Healthcare Hospital. Sam Schaadt, director of Board and Community Relationships for Twin Valley and Todd Feasel, patient access manager, went to work right away to plan for Patrick’s discharge. Thinking that Patrick would be a good candidate for the Access Success II program, they reached out to Phil Atkins,

Ph.D., executive director of the Mental Health & Recovery Board of Union County, and Maryhaven at the Mills, a Union County behavioral health agency.

The team quickly developed a plan for Patrick’s return. Patrick was allocated \$13,400 to help him transition successfully back to the community. Among the first things needed was contacting the Union County Humane Society to see if Doobie was still there. She was, and they agreed to foster her while Patrick was in the hospital. After a month’s stay at Twin Valley, Patrick was discharged to the support of his case manager from Maryhaven and the assistance of the Mental Health and Recovery Board. He was able to stay in a hotel for two weeks while they helped him find an apartment. His car, which had been grounded because it needed repairs, was fixed and provided reliable transportation. Food, furniture and other necessities were purchased.

Patrick was starting to flourish. Counseling and case management through Maryhaven, along with consistent medications and Alcoholics Anonymous have made a huge difference. He found a job driving a truck for local runs and has connected with peer support services.

It was time for Doobie to come home. Funds from Access Success II helped get

Doobie certified as a support animal, ensuring that the anchor of Patrick’s

recovery could continue to be there for him as he continues to get stronger.

“Access Success is one of the best things that ever happened to me,” Patrick stated. “Without it, I wouldn’t be working and I certainly wouldn’t have Doobie back.”

“Patrick is one of those stories that keeps you doing what you do,” Dr. Atkins said. “He is a gentle and radiant man — he lights up the office when he comes in. These dollars have truly been a lifesaving



Pat Richardson and Doobie

investment for him.”

“The gratitude Patrick has just emanates from him,” Dr. Atkins said.

The Access Success II dollars have been so successful that Atkins stated the Board is considering allocating a small amount of local dollars to help people avoid hospitalization in the first place.

“The Access Success II program is a great model. What really makes it unique is its flexibility. Where else could Patrick have gotten funds to certify his dog as a companion animal? Yet that is exactly what gave him hope for recovery,” Dr. Atkins explained.

Patrick and case manager Lauren Hartman have been working with the Board to make sure that there is a solid transition plan for when the Access Success II dollars end. While he is about to begin working at his current job full time, Patrick is entrepreneurial and is working with a local business man to plan for a classic car business.

“My life has changed so much,” Patrick stated. He has been able to reunite with his children and grandchildren. “It is nice to be able to be the ‘good grandpa’ instead of the ‘bad grandpa’. I feel that I’m someone my kids and grandkids can look up to.”

“Access Success is one of the best things to ever happen to me.”

STEM Students Design Solutions to Combat Opioid Abuse

Ohio is facing a major opioid overdose crisis. And as many Ohio families fight opioid abuse, the impact cascades into the learning environments in Ohio schools. Last fall, Superintendent of Public Instruction Paolo DeMaria and the [Ohio STEM Learning Network](#) challenged Ohio's students to design solutions to help end the opioid crisis. Throughout this school year, more than 1,200 students accepted the challenge and developed hundreds of ideas to fight opioid abuse.

"This challenge was an opportunity for students to be creative and join the conversation about one of the biggest problems facing our state — opioid abuse," said DeMaria. "Ohio's young people never cease to amaze me with their ability to take on tough challenges and develop impressive solutions. I am inspired by the innovative ideas I have seen from our awesome students for addressing the opioid crisis and their desire to create a drug-free future for their fellow students and families."

On May 18, Battelle hosted the [Opioid Student Solutions Showcase](#), which featured some of the best ideas developed by students. The following schools were represented:

- Akron North High School
- Bio-Med Science Academy
- Dayton Regional STEM School
- Metro Early College High School
- Metro Institute of Technology
- Reynoldsburg High School — eSTEM Academy
- Reynoldsburg High School — (HS)2 Academy
- Ridgeview STEM Jr. High

Student-created solutions included a programmable pill

dispenser to limit opioid doses, an app to alert friends and families of those fighting abuse when certain areas are visited and a range of other real-world solutions. One middle school team designed an anti-drug use social media campaign and spent the semester publishing these messages.

At the event, students heard a range of state leaders including Secretary of State Jon Husted, Attorney General Mike DeWine, and State Superintendent DeMaria.

"Whether it is confronting the opioid epidemic, driverless cars or drone technology, strong skills in STEM are essential to prepare students for the challenges of today and tomorrow," Secretary Husted said. "The Ohio STEM Learning Network is an invaluable opportunity for STEM students to demonstrate what they have learned in the classroom, an experience that will help them and Ohio win a brighter future."

"I applaud these students for their interest and willingness to take the time to address the drug problem that is devastating our state," said Attorney General Mike DeWine. "Our state depends on informed, dedicated citizens taking an active role in addressing this crisis, and I'm grateful for these ideas to help those struggling with substance abuse and addiction."

The Ohio STEM Learning Network is a public-private partnership managed by [Battelle](#), which hosted the event. Battelle's Senior Vice-President of Education and Philanthropy Dr. Aimee Kennedy said: "Solving problems is what we do at Battelle, and I am proud to see that same creativity and energy in the solutions students showed us."



Twelve Ohioans Complete New Leader Training for Assessment and Management of Suicide Risk

OhioMHAS sponsored a new leader training on the Assessment and Management of Suicide Risk (AMSR) curriculum this month as part of the department's ongoing commitment to offer resources and training for clinical staff in all regions of the state. Josephine Ridley, Ph.D., clinical psychologist and the only currently qualified AMSR trainer in Ohio, led the May 17-19 training. Twelve clinicians participated in the sessions, and upon completion of one additional requirement, will become qualified AMSR trainers.

AMSR is a one-day training workshop for behavioral health professionals. The program was developed with the latest research and techniques that assist professionals who may be working with patients and clients at risk for suicide. AMSR presents common dilemmas faced by providers and the best practices for addressing them. Teaching and skill-building methods include video demonstrations and group discussion, documentation practice and reflection. Each of the AMSR trainees had the opportunity to "teach" the modules to their peers through the new leader training.

For more information about AMSR training, or to find a training event near you, please visit the [Suicide Prevention Resource Center \(SPRC\) website](#).





More than 150 recovery advocates attended an April 26 Wellness and Advocacy Symposium hosted by Sandusky Artisans Recovery Community Center.

Consumer-Operated Services Host Wellness Symposiums

OhioMHAS believes that recovery supports, including peer services, employment, and housing, are critical to assist individuals with mental health and/or substance use disorders on their individual paths of recovery. This spring, the department provided support to five **consumer-operated services** to host regional wellness symposiums as part of the Ohio Wellness Initiative. The initiative is an effort to encourage increased resiliency, wellness and self-management of health and behavioral health among Ohioans with mental illnesses and/or substance use disorders who are living in the community, regional psychiatric hospitals or transitioning into community living. **Sandusky Artisans** (pictured above), **Greater Cincinnati Behavioral Health Wellness Center**, **The Main Place**, **Foundations** and **The Gathering Place** all hosted wellness activities.



Problem Gambling Fellows Graduation

Graduation occurred in May for the second cohort of the Problem Gambling Treatment Supervision Fellowship program. New Fellows and staff are from left: Stacey Frohnafel-Hasson, OhioMHAS; Beth Logan Batzer, CompDrug; Kathryn Shaw, Center for Addiction Treatment; Maria Garner, Maryhaven; Alicia Snyder, Cleveland Veteran's Administration Hospital; Louis Weigele, private practice; Lisa Foisel, Recovery Resources; Program Instructor Heather Chapman, Cleveland VA; Scott Anderson, OhioMHAS; and Program Coordinator Mike Buzzelli, Recovery Resources.



2018 Ohio Problem Gambling Conference to Co-Locate with National Conference in Cleveland

The Problem Gambling Network of Ohio and the Ohio for Responsible Gambling (ORG) partners, OhioMHAS and the Casino Control, Lottery and Racing commissions, combined forces to bring the National Problem Gambling Conference to Cleveland on July 20-21, 2018. This is the largest conference in the U.S. focused on prevention, treatment and recovery for individuals and families impacted by problem gambling and addiction.

ORG will provide scholarships for the 2018 event, and travel stipends will also be available to ensure that Ohio behavioral health professionals who want to attend will be able to participate. The conference will feature a significant number of sessions presented by Ohio's leaders in the field, along with experts from all over the world.

The 2017 National Conference will be held in Portland, Ore. on July 21-22. Click [HERE](#) to learn more and to register.



News & Research Roundup

Study: Follow-Up Calls After ED Discharge For Attempted Suicide May Reduce Future Attempts

A new study has found that follow-up phone calls after a suicidal patient was discharged from a hospital emergency department reduced future suicide attempts by 30 percent. The study included nearly 1,400 patients in eight U.S. locations who were provided with interventions that included specialized screening, safety planning guidance and follow-up phone calls. The [findings](#) were published online April 29 in *JAMA Psychiatry*.

Benefits of Antipsychotics Appear to Outweigh Risks, Experts Say

Despite recent concerns that long-term antipsychotic use adversely affects health outcomes — possibly by desensitizing dopamine receptors or through direct neurotoxic effects — a [review article](#) in the *American Journal of Psychiatry* has concluded that the benefits of antipsychotics for the acute treatment of psychosis and the prevention of relapse largely outweigh the risks. In addition, because delays in the treatment of psychosis and relapse have been associated with poorer outcomes, the review noted there may be risk associated with withholding or discontinuing medication. For related information, see the *Psychiatric News* article [Does Aggressive Treatment of Psychosis Mean Sustained Use of Antipsychotics?](#)

Ten-Year Study Suggests School Bullying Is Decreasing

School bullying is trending downward, according to a large-sample, [decade-long study](#) published this month in *Pediatrics*. The study investigated bullying among school-aged children from 2005 to 2014. A total of 246,306 students in grades 4-12 from 109 Maryland schools within a large public school district completed the anonymous online survey. Survey questions included whether the student had experienced bullying in the past month, and if so, the type of bullying experienced; whether he/she had seen others bullied; and how safe he/she felt at school. Using longitudinal linear modeling to analyze changes over time, the researchers found that while bullying remains prevalent in schools — 13.4 percent to 28.8 percent reported experiencing bullying in the past month and one-half reported witnessing it — 10 of the 13 bullying-related indicators measured suggested positive improvements. Physical, verbal and relational (having rumors spread) bullying experiences decreased 2 percent each year to below 10 percent in 2014. Cyberbullying (via email and blogs), perpetuating bullying and witnessing bullying also significantly decreased during the 10-year period. In addition, in 2014, 88 percent of students reported “feeling safe” and 79 percent reported feeling “like they belong” at school; 71 percent said adults were now helping more to prevent bullying.



New Criminal Justice Resources From the National Institute on Drug Abuse

The National Institute on Drug Abuse has created new resources for those who work in the criminal justice system or treatment centers.

- [Drugs & the Brain Wallet Card](#) is designed for people who have stopped using drugs while they were detained in the criminal justice system or while receiving inpatient or outpatient treatment. Counselors can customize this tool to help individuals identify triggers that could prompt a relapse. It also includes information about resources and helplines.
- [The Science of Drug Use: Discussion Points](#) is intended for judges, counselors and other professionals who work within structured criminal justice settings. The discussion points offer suggestions for how to talk with teens and young people about drug use, and reinforce the concept that addiction is a brain disease and needs treatment and ongoing attention.
- [Easy-to-Read Drug Facts](#) are brief, printable documents for persons with lower literacy levels. These documents include information about specific drugs, the negative impact of drug use, the nature of addiction, and treatment and recovery.

Tech Company Wants to Use Artificial Intelligence to Detect, Halt Opioid Relapse Before It Happens



Behavior, a Pittsburgh-based tech firm, is developing new technology that combines artificial intelligence with a wearable device to predict and thwart a recovering opioid user from relapsing. The device would gather data and, using a predictive model, gauges the likelihood of a relapse for the person wearing it. If the relapse risk is high, a message or alert would be sent for human intervention. For example: maybe stress is a trigger for drug use, so the device could sense when the wearer’s heart rate goes up or when he/she starts to sweat, said Ryan O’Shea, one of Behavior’s founders. Or if it’s linked to the person’s phone, the device would be able to tell that a person missed a counseling appointment — using the phone’s calendar and GPS — and might be at risk of a relapse, he said. Instead of a parole officer or drug counselor finding out about a relapse after it happens, the device would send an alert and allow them to intervene, O’Shea said. The device could help keep people out of

News & Research Roundup, cont.

court for relapses and related crimes, and it's another alternative to treatment centers. This month, Behavior (there's an extra "i" representing Artificial Intelligence in the name but it's pronounced "behavior") was one of 147 worldwide teams accepted into the [IBM Watson AI XPRIZE](#), a \$5-million contest focused on finding ways for humans to use artificial intelligence to solve big problems.

Online Prevention SustainAbilities: Planning for Success Course

The Substance Abuse and Mental Health Services Administration (SAMHSA) Center for the Application of Prevention Technologies has developed a three-hour, self-paced online [Prevention SustainAbilities: Planning for Success](#) course. This interactive course, which is endorsed by the International Certification & Reciprocity Consortium, offers prevention practitioners step-by-step guidance for developing a written plan for sustaining successful prevention practices.



Study on LGBQQ Students and Mental Health

Students who identify as gay, lesbian, bisexual or queer or who are questioning their sexuality are more likely to use their school's counseling services, but that population also reported more mental health issues, according to a [new study](#) from the RAND Corporation published in the *Journal of Adolescent Health*. LGBQQ (queer or questioning) students reported higher rates of psychological distress compared to their heterosexual counterparts — about 26 percent said they were suffering from psychological problems compared to 18 percent of the heterosexual population. About 63 percent of LGBQQ students reported high levels of stress within the month they were surveyed, versus 55 percent of heterosexual students. Nearly 31 percent of LGBQQ students said they used some sort of therapeutic service, with about 16 percent using on-campus counseling. Only about 18 percent of heterosexual students used some sort of therapy, and about 9 percent used the college and university services.

Pediatrics-based Brief Therapy Outdoes Referral for Youths with Anxiety and Depression

A streamlined behavioral therapy delivered in a pediatrics practice offered much greater benefit to youth with anxiety and depression than a more standard referral to mental health care with follow-up in a clinical trial comparing the two approaches, the National Institute of Mental Health [recently reported](#). The benefit of the former approach in comparison with referral was especially striking among Hispanic youth, a finding that may help inform efforts to address disparities in care. Depression and anxiety disorders are prevalent among youth; an estimated [25.1 percent of 13 to 18-year-olds](#) have an anxiety disorder. Surveys also suggest that [less than a third of youth with anxiety and just over 40 percent with mood disorders](#) receive treatment. These disorders can have serious consequences for affected youth; depression and anxiety can compromise education, employment and relationships with friends and family.

Study: Trauma-Informed Care Program Reduced Number Of Aggressive Events By Inpatients In an Acute Care Academic Psychiatric Hospital

Researchers found that after nurses and other staff were trained in trauma-informed care, the number of aggressive events by inpatients in an acute care academic psychiatric hospital was dramatically reduced, according to *Medscape*. The program examined in the study was the *National Center for Trauma-Informed Care (NCTIC) and Alternatives to Seclusions and Restraint*, recommended by the Substance Abuse and Mental Health Services Administration. After the program, trauma-informed care was associated with an 80 percent reduction in the number of physical assaults and a 72 percent reduction in the number of aggressive incidents, the researchers found. The findings were presented at the American Psychiatric Association's annual meeting.

Asking Patients About Suicide Narrative May Improve Long-Term Outcomes

Placing greater emphasis on a patient's narrative of the feelings leading up to a suicide attempt may not only strengthen the therapeutic alliance, but create a foundation from which safety planning and long-term outreach can be maintained. Konrad Michel, M.D., professor emeritus of the University Hospital of Psychiatry in Bern, Switzerland, and colleagues had these factors in mind when they developed the Attempted Suicide Short Intervention Program (ASSIP) — a highly structured, manual-based therapy program consisting of three face-to-face sessions followed by regular, personalized letters sent to the patients over two years. [Read more.](#)



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:

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

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

June 29 — [Foundations of Motivational Interviewing - Part 1 \(Mentor\)](#)

July 20 — [Foundations of Motivational Interviewing - Part 2 \(Mentor\)](#)

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):

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](#)

Trauma-Informed Care — Responding to Older Adults

Leaders in the long-term care field, members of the Interagency Nursing Home Transition Team and key stakeholders will be introduced to a new curriculum on Trauma Informed Care for older adults designed to train nursing home staff to recognize the signs of trauma among residents and to reduce its negative impact. Leadership Updates will be held on June 6 from 1-4 p.m. at Summit Behavioral Healthcare in Cincinnati and on June 8 from 1-4 p.m. at Akron General Wellness Center. Space is still available. Click [HERE](#) to register.

Ohio's 2017 Opiate Conference — June 12-13

The Ohio Association of County Behavioral Health Authorities, in partnership with the Ohio Department of Mental Health and Addiction Services and the Ohio Department of Rehabilitation and Correction, will host [Ohio's 2017 Opiate Conference: Bridges to Recovery](#) on June 12-13 at the Hyatt Regency Columbus. This event has expanded to include two full days of education, information sharing and networking. The conference will provide attendees with the opportunity to hear from local, state and national leaders and an opportunity to select from more than 50 breakout sessions.

[View the registration packet](#)

[Register online](#)

Corporation for Supportive Housing's Six Steps to Community Engagement — June 15

The Corporation for Supportive Housing (CSH) Ohio is hosting a Six Steps to Community Engagement training June 15 from 9 a.m. - 3 p.m. at the Columbus Development Center, 1601 W. Broad. St. Developers face increasing challenges to creating affordable housing. NIMBYism can negatively impact costs and actually derail otherwise soundly thought out projects. The Six Steps training was originally produced for use by developers of homeless housing and services and designed to respond to both the uniquely local aspect of each proposal and the generic aspect, i.e. that similar concerns are raised in nearly every case. Over time, it has proven to be an effective strategy to engage the community in constructive dialogue about proposed development projects. The Six Steps encourages housing providers to conduct a "due diligence" process early in the development planning in which the provider gathers information, considers options and makes informed, deliberate decisions about what actions it will take toward local government, local community and the media. CSH's training will help developers understand the practical uses of the Six Steps to reduce potential delays and costs that may result from local opposition. To register, please RSVP to Leah Werner at leah.werner@csh.org.

Youth to Youth Summer Training Conference — June 19-22

Youth to Youth will host its [2017 International Summer Training Conference](#) June 19-22 at Capital University. High school students and adult advisers are encouraged to attend to network with drug-free teens from throughout the nation, develop skills to make positive choices, attend interactive and informative workshops, hear nationally-known speakers and develop action plans to create change in their home schools and communities. For more information, contact Kevin Rigby at 614.586.7963 or krigby@youthtoyouth.net.

Training Opportunities, cont.

2017 Summer Program in Public Health — June 19-23

The Center for Public Health Practice at The Ohio State University College of Public Health, with support from the Ohio Colleges of Medicine Government Resource Center, will host the [2017 Summer Program in Population Health](#) June 19-23. Participants will gain practical skills in collecting and using data, as well as build capacity to address state health priorities such as maternal and infant health, chronic disease and mental health and substance use. Professionals working in public health, health care, local and state government, community health, health data analytics and academia are encouraged to attend. The course fee is \$780. For more information, call 614.688.2820 or email practice@cph.osu.edu.

Understanding Complex Trauma & Innovative Approaches — June 22

The Southwest Ohio Trauma-Informed Care Collaborative will host [Understanding Complex Trauma & Innovative Approaches](#) June 22 at Grace Evangelical Lutheran Church in Springfield. The session will be led by Joseph Spinazzola, Ph.D., executive director of the Trauma Center & VP of BH/Trauma Services, Justice Resource Institute. Cost is \$60.

8th Annual Stomp Out the Stigma CAT Walk — June 24

The Center for Addiction Treatment (CAT) will host its 8th annual "Stomp out the Stigma Walk" June 24 at Veterans Park in Cincinnati. The walk begins at 9:30 a.m. For more information, visit www.CATWALKCINCINNATI.com.

2017 Ohio Promoting Wellness & Recovery Conference – June 26-28

Registration is now live for the [2017 Ohio Promoting Wellness & Recovery \(OPEC\) Conference](#) slated for June 26-28 at Miami University in Oxford. OPEC focuses on creating access, improving quality and making connections with Ohio's prevention, early intervention and treatment workforce for children, families and communities. This year's conference will offer six subject matter tracks, including: early childhood mental health, adolescent treatment and recovery/peer support, prevention, collective impact, youth development and cultural competency. Cost is \$115. Register online at opeconference.com. For more information, please contact Erin Eakin at paternem@miamioh.edu.

Follow OPEC 2017 on social media:

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2017 Knox Addiction Conference — June 28-29

The Knox Substance Abuse Action Team, in partnership with the Knox County Health Department, will host the [2017 Knox Addiction Conference](#) June 28-29 at Kenyon College. Click [HERE](#) to register. For more information, email ksaatevents@gmail.com.

2017 Cuyahoga Problem Gambling Symposium — June 30

The Cuyahoga Problem Gambling Coalition is hosting its third annual [Cuyahoga Problem Gambling Symposium: Advancing Awareness, Prevention & Treatment in Our Community](#) at the Holiday Inn Cleveland South in Independence on June 30. Click the link for more information.

2017 Addiction Studies Institute — Aug. 2-4

The Ohio State University Wexner Medical Center Talbot Hall will host the 2017 Addiction Studies Institute Aug. 2-4 at the Columbus Convention Center. The Institute is the largest midwest conference of its kind providing an array of dynamic educational sessions for the chemical dependency counselor, social worker, professional counselor, marriage and family therapist, prevention specialist, nurse, psychologist, physician, other healthcare specialists, criminal justice professional, clergy and educator. In addition to general sessions, participants can select from more than 60 workshops. Click [HERE](#) for more information.

Training Opportunities, cont.

Fourth Annual Families of Addicts (FOA) Rally 4 Recovery — Aug. 27

Families of Addicts (FOA) will partner with [Mahajan Therapeutics](#) to host the Fourth Annual FOA Rally 4 Recovery from 3-6 p.m. on Aug. 27 at the historic Dayton Courthouse Square in downtown Dayton. For more information, please email Lori Erion at info@FOAamilies.org.

Save the Date: Fourth Annual Statewide Suicide Prevention Conference — Sept. 8

The Ohio State University Department of Psychiatry and Behavioral Health, in partnership with OhioMHAS, will host the Fourth Annual Statewide Suicide Prevention Conference on Sept. 8 at the Ohio Union Performance Hall. This conference is a statewide symposium focused on strategies, advancements and outcomes regarding suicide prevention. Click [HERE](#) to receive conference updates.

Cincinnati Children's Pediatric Mental Health Symposium — Sept. 11

Cincinnati Children's Hospital will host its 2017 Pediatric Mental Health Symposium on Sept. 11 at Great Wolf Lodge in Mason. Cost is \$125 (if registered by Aug. 1) and \$150 (Aug. 2 through Sept. 1). Click [HERE](#) to register.

Central Ohio "Out of the Darkness Walk" — Sept. 24

The Central Ohio Chapter of the American Foundation for Suicide Prevention (AFSP) will host an [Out of the Darkness Community Walk](#) at Alum Creek State Park (Beach Pavilion) from noon - 4 p.m. on Sept. 24. The event seeks to raise awareness and funds that allow AFSP to invest in new research, create educational programs, advocate for public policy and support survivors of suicide loss. For more information, contact Molly Boggs at 614.205.9614 or molly.boggs92@gmail.com.

2017 Ohio Rally for Recovery — Sept. 29

Ohio Citizen Advocates for Addiction Recovery will host the 2017 Rally for Recovery will be held on Sept. 29 at the West Plaza at the Ohio Statehouse from 11 a.m.-4 p.m. In addition to fellowship, food, speakers, exhibits, and other activities, rally attendees are invited to advocate for individuals in recovery by meeting with local legislators. For more information, contact cgifford@oca-ohio.org. Click [HERE](#) for information about exhibit tables.

Private Psychiatric Inpatient Provider Conference — Oct. 20

The OhioMHAS biennial Private Psychiatric Inpatient Provider Conference will be held Oct. 20 at the Quest Conference Center in Columbus. This year's conference theme is "Innovation in Behavioral Health Care – What's New?" Topics will include: decriminalizing the mentally ill, treatment refractory patients, substance abuse issues, bullying and social media, threat assessment and trauma, peer support, LGBTQ awareness, suicide prevention, specialized care for first episode psychosis, and more. Details and registration information will be forthcoming.

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

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

Save the Date: Annual Forensic Conference — Nov. 1

Hold the date! OhioMHAS will hold its Annual Forensic Conference Nov. 1 at the Dublin Embassy Suites Hotel. Joel Dvoskin, Ph.D., will serve as keynote speaker.

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

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