

Take Charge Ohio Campaign Seeks to Educate Prescribers, Patients and the Public on Effective Pain Management

The State of Ohio this month rolled out a new public awareness campaign directed at opioid prescribers, their patients and the general public. Using a grant from the Centers for Disease Control and Prevention, the Ohio Department of Health unveiled **Take Charge Ohio: Manage Pain. Prevent Medication Abuse.** at a **press event** hosted by the Franklin County Alcohol, Drug Addiction and Mental Health Services Board.



The campaign was developed in partnership with several state agencies and boards — all of whom are members of the Governor’s Cabinet Opiate Action Team. Take Charge Ohio seeks to educate prescribers about safe opioid prescribing practices

and non-opioid pain management therapies, and provide tools and resources they can use with their patients, including brochures, fliers and posters. The campaign features a combination of TV, radio, print and digital advertising, as well as social media and a website — takechargeohio.org — where information and resources like a **patient toolkit** and an **opioid risk quiz** are posted.

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New Statewide Billboard Campaign Tackles Drug Abuse

Ohio is turning to a new billboard campaign this holiday season to raise public awareness about drug abuse and the need for public participation in tackling the problem.

The Outdoor Advertising Association of Ohio joined with the Ohio Departments of Public Safety and Mental Health and Addiction Services to announce the new effort during a Nov. 21 press conference at the Ohio Statehouse. Association members throughout Ohio have donated approximately 200 digital, poster and bulletin billboards that will carry messages promoting Ohio’s Start Talking! youth drug prevention initiative and the Highway Patrol’s #677 tipline for impaired drivers.

“The timing of this partnership couldn’t be better,” said OhioMHAS Director Tracy Plouck. “These billboards are a great reminder to families that holiday road trips are a perfect time to engage young people in meaningful conversations about the dangers of alcohol and other drugs.”

View [more photos](#).



New Suicide Prevention Effort Encourages Young People to ‘Be Present’

Adolescence is a challenging time for any young person. It’s a period of dramatic changes, transitions from middle to high school to college and self-discovery that can sometimes contribute to isolation, depression and other mental health issues. That’s why the Ohio Department of Mental Health and Addiction Services has **launched Be Present** — a statewide multimedia campaign that educates and empowers peers, friends, classmates and siblings of at-risk youth to “step up” and provide needed support.



The campaign was developed by MEE Productions, Inc., a communications, market research and social-marketing firm that specializes in developing cutting-edge and culturally relevant messages focusing on public health. Using the tagline “Your Presence is a Present,” the campaign especially targets youth who are victims of bullying, those who are struggling to overcome mental or emotional problems or other stressors and those who are most at risk of harming themselves, including LGBTQ youth.

The campaign includes a website (www.BePresentOhio.org), a multi-platform presence on social media (Facebook, Twitter, YouTube, Instagram and Snapchat), print ads and digital PSAs on Pandora Radio. The website features an online toolkit to help young people demonstrate the power of presence by getting involved.

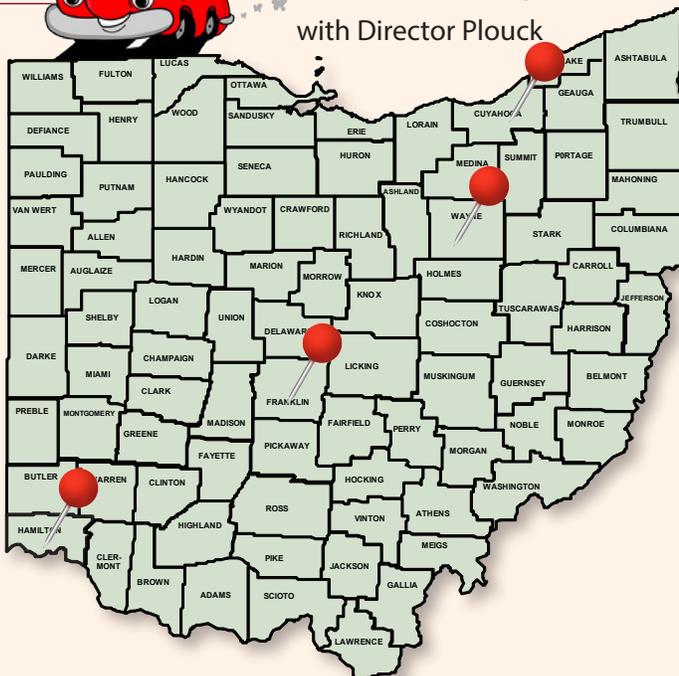
Young people from throughout Ohio helped to guide the development of the campaign. Several members of the Ohio Youth-Led Prevention Network Youth Council were on hand to unveil the new campaign at a Nov. 16 press event at the Ohio Statehouse.

Click [HERE](#) to view photos from the campaign kick-off event.



On the Road

with Director Plouck



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

- 11.2 Participated in the **Take Charge Ohio** statewide media launch held at the Franklin County Alcohol, Drug Addiction and Mental Health Services Board.
- 11.13 Attended the **50 State Summit on Public Safety** in Washington, D.C. The two-day Summit was sponsored by the Council of State Governments Justice Center in partnership with the Association of State Correctional Administrators.
- 11.16 Provided testimony before the Joint Medicaid Oversight Committee on the status of behavioral health redesign.
- 11.17 Met with representatives from the Ohio Mayor's Alliance to discuss areas of collaboration around the opioid epidemic.
- 11.17 Met with representatives from the Mental Health and Addiction Advocacy Coalition to discuss workforce development efforts.
- 11.20 Presented Ohio's 2018 Problem Gambling Plan to members of the Ohio Lottery Commission in Cleveland.
- 11.27 Spoke at the University of Cincinnati's **"Tackling the Ohio Opioid Crisis: Harnessing the Power of Science to Break the Cycle"** symposium with Dr. Nora Volkow, director of the National Institute on Drug Abuse.
- 11.30 Spoke to quarterly OACBHA membership meeting.
- 12.1 Travelled to Wooster to visit **MOCA House** and to meet with members of the Wayne County Opiate Task Force.

Brett Johnson Appointed CEO at Northwest Ohio Psychiatric Hospital

Brett M. Johnson has been appointed Chief Executive Officer of Northwest Ohio Psychiatric Hospital (NOPH) in Toledo.

As CEO, Johnson will oversee a staff of 232 employees and be responsible for the well-being, care and treatment of 114 patients located at the hospital. In addition to overseeing day-to-day hospital operations,



Brett Johnson

Johnson will also manage relations with the Alcohol Drug Addiction and Mental Health Services (ADAMHS) Boards in the 22-county catchment area served by the hospital.

Johnson previously served as the Administrative Director at ProMedica Physicians and Continuum Services in Sylvania, Ohio. He managed the development, monitoring and evaluation of the efficiency and effectiveness of Palliative Medicine and Senior Service practices and outcomes throughout five geographic regions in two states. He also served at Regency Hospital and Vibra Hospital as the Chief Executive Officer.

Johnson earned a Professional degree in Elder Law from the University of Toledo and a Master's degree in Business Administration and Organizational Leadership from the University of Findlay. He also holds a Bachelor's degree in Health Care Administration from the University of Wisconsin.

NOPH serves individuals with mental illness from the following counties: Allen, Auglaize, Darke, Defiance, Erie, Fulton, Hancock, Hardin, Henry, Lucas, Mercer, Miami, Ottawa, Paulding, Putnam, Sandusky, Seneca, Shelby, Van Wert, Williams, Wood and Wyandot.

2018 National Drug & Alcohol Facts Week

The National Institutes on Drug Abuse and Alcohol Abuse and Alcoholism will sponsor National Drug & Alcohol Facts Week — Jan. 22-28. This week-long health observance is an opportunity for teens to learn the facts about drug and alcohol abuse and addiction from scientists and other experts. Organize and promote a local educational event or activity for teens and help shatter the myths about drugs and alcohol. View NIDA's **planning toolkit**. Get your event nationally recognized by adding it to the official **2018 map of activities**.



2017 Forensic Conference

Lottie Gray Honored with 2017 Howard H. Sokolov Forensic Leadership Award

OhioMHAS hosted its annual Forensic Conference Nov. 1 at the Embassy Suites Columbus — Dublin. Themed “Tailoring Strategies for Diverse Forensic Populations,” this year’s conference brought together a broad range of professionals from throughout Ohio who work with people who have a mental illness and are involved in the justice system.

The conference included the presentation of the 2017 Howard H. Sokolov Forensic Leadership Award. Chief of Forensic Services Robert Baker, Ph.D., presented the award to Lottie Gray, M.S.S.A., LISW-S. Gray is the Forensic Monitor for Cuyahoga County, where she has worked as the coordinator of the Conditional Release Unit at Recovery Resources since 2010.

Gray praised the collaborative system that Ohio has in place for forensic services, and is thankful for the impact that they have made in the state.

“I am absolutely passionate about the work that we do and I think it makes a difference in the community every day,” she said.

Internationally renowned forensic psychologist Joel Dvoskin, Ph.D., ABPP, provided keynote remarks. Dvoskin is a member of several expert teams for the Civil Rights Division of the U.S. Department of Justice and focuses on the rights of inmates, detainees and patients housed in various forms of confinement.

His address centered on finding ways to improve forensic services and help the people that they are serving. Dvoskin said that other alternatives should be explored that could better suit this population’s particular needs, and that individuals from all parts of the community need to partner up.

“For most people, it [jail] is a terrifying experience and terror is not good for mental illness,” Dr. Dvoskin said.



Robert Baker, Ph.D., presents the 2017 Howard H. Sokolov Forensic Leadership Award to Lottie Gray, a forensic monitor with Recovery Resources.

The conference also featured the annual Legal Update and workshops on topics including conditional release considerations, risk assessments, forensic evaluation settings among others.

View [more conference photos](#).

Lake County Businesses Resolve to Combat Drug Abuse

Organizations in Lake County have joined forces in an effort to combat drug abuse and addic-

tion by forming a new initiative called [Operation Resolve](#). Leadership Lake County, the Lake County Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board, and the [Lake County Opiate Task Force](#) developed this new initiative to work with area businesses and organizations to become Operation Resolve Leadership Partners in their community.

“First, they’ll have an Operation Resolve team do a presentation for employees on drug abuse and addiction,” said David Enzerra, Leadership Lake County’s board chair. “Second, they’ll make related handouts and information available in their companies.”

Operation Resolve leadership partners will also receive a window decal that they can display to demonstrate their commitment. Kim Fraser, Lake County ADAMHS executive director,



said that there is no cost to participants for the presentations or literature.

“We’re grateful that Leadership Lake County is helping [to] open doors so [that] we can get this important information to more people,” Fraser said.

The opioid epidemic has left its devastating mark on Lake County this past year. Fraser noted that the county is on track to see more than 100 residents die from opiate overdoses.

“We need an all-hands-on-deck approach to fighting this problem,” she said.

Jessie Baginski, Ph.D., president and CEO of Leadership Lake County, said Operation Resolve coincides with her organization’s mission.

“Leadership Lake County’s core values include collaboration and responsiveness,” she said. “This program is an effective way for our board to leverage the relationships of Leadership Lake County Alumni to affect economic and social change in Lake County.”

Summit County Youth Tackle Opioid Epidemic with PSAs

Summit County youth have banded together to create 10 public service announcements aimed at curbing the opiate epidemic. Sixteen students from schools throughout Summit County wrote and starred in the PSA’s which will air in Akron-area movie theaters through Dec. 28.

The PSAs focus on prescription medicine usage and disposal, opiates, heroin, signs of abuse and addiction. The group’s goal was to create messages that resonate with youth and prevent them from experimenting with prescription medicines or heroin.

The campaign is a collaborative effort between the Community Health Center — Project PANDA, the County of Summit ADM Board, Ohio Guidestone, and Summit County Community Partnership. See local [news coverage](#). Click below to view sample messages:

[Hey You 2](#)
[Who Knew](#)
[Opiates](#)

Former Major League Baseball Star Darryl Strawberry Shares Recovery Story in Wooster

Former Major League All-Star Darryl Strawberry visited Ohio this month to lend his voice to the fight against opioid addiction. Strawberry, a standout slugger with the New York Mets and Yankees during the 1980s and 90s, has spent most of his post-baseball days openly sharing about his past struggles with drugs and alcohol. Now 55, Strawberry is a born again Christian and ordained minister who calls upon his own experiences to help others struggling with addiction.

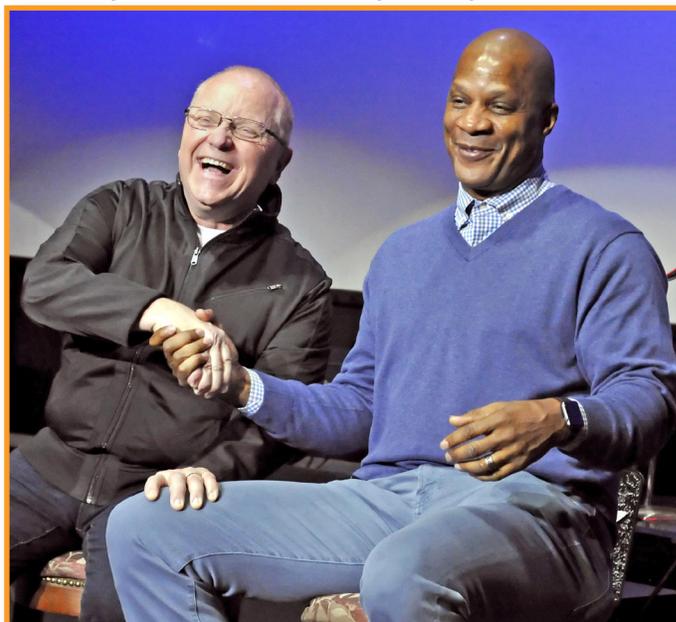
During his visit to Wayne County, Strawberry stopped by Faith Harvest Fellowship Church in Wooster to be interviewed by Pastor Jerry O'Brien for a television program. Not only is O'Brien a fan of Strawberry, he's a member of the Wayne County Opiate Task Force.

While taping the program, O'Brien asked Strawberry about his childhood. The 1983 Rookie of the Year described a turbulent upbringing in Los Angeles. His father was an alcoholic who once threatened to Darryl and his brothers with a shotgun. That troubled childhood led Strawberry to start smoking marijuana and drinking alcohol around age 14.

He continued those destructive behaviors even after becoming the first pick in the 1980 draft. He was selected as an All-Star for eight consecutive years and was part of four World Series championship teams with the Mets and Yankees. Despite the fame and fortune, Strawberry could not escape the empty feelings that came with substance use and abuse.

"I gained everything, but lost my soul," he told O'Brien. "I felt so empty ... this is all there is to life? I have a bunch of stuff and all this emptiness."

In the early 1990s, Strawberry met his future wife, Tracy, at a recovery conference. That's when he said he found faith and a pathway to lasting recovery. Both are now ordained ministers and dedicate their lives to helping others. They founded the [Darryl Strawberry Recovery Center](#) — a faith-based recovery center in Florida.



Former Major League Baseball star Darryl Strawberry shares a light moment with Pastor Jerry O'Brien during a recent visit to tape a television program at O'Brien's church in Wooster.

"Darryl and I were both broken," Tracy said. "I had an understanding of the emptiness. What I saw in Darryl was his greatness and a great love. I could see a great person in that empty shell."

The television program is part of an effort spearheaded by O'Brien that is being billed as the "Epidemic of Hope." The Strawberrys have pledged to work with O'Brien and others to host awareness events highlighting the nation's opioid epidemic in communities throughout Ohio, Kentucky and West Virginia.

Gov. Kasich Calls on Faith-Based Organizations, Leaders to Talk About Addiction

Faith leaders and mental health workers from throughout Central Ohio gathered to discuss the opioid crisis at the Nov. 9 [Love Epidemic](#) conference. Hosted at Vineyard Columbus Church, the conference brought together individuals from various faith-based organizations to develop a response to the epidemic to achieve collective impact in their communities.

Ministers, counselors and others shared their experiences working in drug prevention, with some sharing their own stories of recovery. The conversation continued with

the opportunity for participants to network with community resources like [Start Talking!](#) and [Recovery is Beautiful](#). Breakout sessions covered various topics from "Mental Health First Aid" to "Connecting the Muslim Community to Recovery Resources".

The conference concluded with a discussion that featured Gov. John Kasich and the Vineyard's senior pastor Rich Nathan. Gov. Kasich addressed how Ohio has been combating the opioid crisis. He urged participants to keep the conversation about drug prevention open, especially with kids and teenagers. He encouraged the faith community to be



advocates in their congregations and to educate those about the dangers of opioids.

Board of Pharmacy Announces Expanded Access to Prescription Monitoring Program for Drug Courts

Ohio courts overseeing individuals struggling with drug addiction now have access to an additional tool to ensure they comply with court-ordered treatment. The State of Ohio Board of Pharmacy announced that drug court programs have access to the state's prescription drug monitoring program, known as the Ohio Automated Rx Reporting System (OARRS), to provide judges and court personnel with critical information regarding a participant's use of controlled substance medications.

"The use of OARRS by Ohio drug courts gives judges and staff additional monitoring capability that contributes to their effectiveness in helping participants change their behavior," said State of Ohio Board of Pharmacy Executive Director Steven W. Schierholt.

Data from the state's prescription drug monitoring program is an invaluable resource for prescribers, pharmacists and law enforcement. For courts in Ohio to take full advantage of this tool,

the Board of Pharmacy worked with Gov. John Kasich, the Supreme Court of Ohio and the Ohio General Assembly to provide access through the most recent state budget. Access to OARRS is granted to drug courts certified by the Supreme Court of Ohio and other specialized dockets treating individuals for substance use disorders such as those

relating to mental health, veterans and human trafficking.

"Judges who preside over specialized dockets will now have an

additional means of verifying that those in court-ordered treatment are complying with treatment as they navigate the difficult road to recovery," said Ohio Supreme Court Chief Justice Maureen O'Connor.

Established in 2006, OARRS is a state-wide database that collects information on all prescriptions for controlled substances that are dispensed by pharmacies or furnished by prescribers in Ohio. To assist court personnel with using the system, the Board of Pharmacy has developed a [training guide](#).



Northwest Ohio Nonprofit Innovation & Excellence Award Winners Announced

The Toledo Community Foundation and *The Blade*, in partnership with The Center for Nonprofit Resources, Buckeye Broadband and WTVG-TV, recently announced the recipients of the seventh annual northwest Ohio *Nonprofit Innovation & Excellence Awards*. The awards recognize nonprofit organizations that stand out for their contributions to the Greater-Toledo community.

The following OhioMHAS-certified organizations were among this year's honorees:

Innovation Award:

A Renewed Mind

The agency was recognized for its role in developing Project Direct Link — a partnership with Sheriff John Tharp and the Lucas County Corrections Center that facilitates community reintegration and provides linkages to treatment and recovery supports for individuals with an opioid addiction.

Large Agency Excellence Award:

Thomas M. Wernert Center

The Wernert Center was honored for its efforts to improve the quality of life for persons living with mental illness through programs of education, peer support and advocacy. More than 70 percent of individuals served by the Center have had a decrease in mental health hospitalizations; 83 percent report improved relationships with families and 77 percent report feeling more independent and better prepared to volunteer and become employed in the community.

The winning organizations each received \$5,000 from the Toledo Community Foundation; \$500 from The Andersons; a free, full-page advertisement in *The Blade*; and a one-of-a-kind blown glass creation by Toledo-area artist Shawn Messenger.



The Ohio Association of Community Action Agencies (OACAA) sponsored a Community Action Opioid Summit on Nov. 17. The Summit was an opportunity for organizations to share ideas regarding the opioid crisis to determine the most effective ways to combat addiction for low-income Ohioans.

Pictured above, OhioMHAS Deputy Director for Public Affairs Jamie Carmichael (left) and State Opioid Treatment Authority Rick Massatti, Ph.D., (middle) participate in a panel discussion focused on what Ohio has done so far to address the opioid epidemic, as well as additional steps that need to be taken.

Ohio Awarded Funding to Improve Outcomes for Youth Victims of Sex and Labor Trafficking

The Office of Criminal Justice Services (OCJS) was recently awarded nearly \$950,000 by the U.S. Department of Justice's Office for Victims of Crime to combat human trafficking. The Improving Outcomes for Child and Youth Victims of Human Trafficking grant is a three-year project that addresses the following objectives:

1. Develop, enhance and coordinate programs and activities geared toward improving outcomes for child and youth victims of sex and labor trafficking;
2. Develop and implement a jurisdiction-wide strategy to address the state's greatest challenges in responding to child and youth trafficking; and
3. Enhance or develop policies, procedures or protocols to ensure that child and youth victims of human trafficking are not penalized for crimes committed as a result of being trafficked, particularly those related to prostitution.



Through strategic trainings and technical assistance, Ohio's goals are to increase the expertise of child welfare agencies to identify and refer potential victims for services, reduce barriers to services for trafficked youth by promoting and implementing screening protocols for

identifying and referring victims, implement screening processes for identifying potential minor victims of trafficking within county juvenile courts, and increase implementation of the Safe Harbor legal statute for minor victims of human trafficking.

OCJS serves as the program director and fiscal monitoring agent for the grant and will provide sub-awards to three partner agencies: the Ohio Department of Youth Services, the Public Children Services Association of Ohio and the Ohio Network of Children's Advocacy Centers.

Click [HERE](#) to learn more about Ohio's anti-trafficking efforts.

News & Research Roundup

New Research Focuses on Psychosocial Impact of the 2015 Nepal Earthquake on Nepalis in the U.S.

OhioMHAS researcher Surendra Bir Adhikari, Ph.D., MedSoc, M.A., with assistance from several colleagues, recently published a new study examining the psychosocial impact of the 2015 Nepali earthquake on the behavioral health of Nepalis living in the U.S. An estimated 9,000 people were killed in the 7.8 magnitude quake that struck near the city of Kathmandu in central Nepal on April 25, 2015. Thousands more were injured and more than 600,000 structures were damaged or destroyed. The study, which was published by a community-based Be Well Initiative and posted internationally at [Movement for Global Mental Health](#), focused on the impact of the devastating earthquake on the nearly 52,000 Nepalese family members, relatives and friends living in the U.S. The goal was to gather information to further identify behavioral and mental health resources for Nepali and Bhutanese communities in the U.S. The quantitative findings, augmented by insights from qualitative focus group and community conversations, provide selected take-aways and recommendations for dissemination and policy translation. See the [complete report](#).

New Resource from SAMHSA

The Substance Abuse and Mental Health Services Administration (SAMHSA) has released a new publication: [Tips for Survivors of a Disaster or Other Traumatic Event: Coping with Retraumatization](#) explains the signs and symptoms of retraumatization and gives guidance on how to manage symptoms. This publication also provides resources for building resilience and an adequate support system for dealing with triggering events.

EDs See Rise In Treatment Of Girls, Young Women Who Intentionally Injured Themselves

The *Los Angeles Times* recently reports that from 2009 to 2015, U.S. emergency departments (EDs) saw a sharp rise in treatment of girls 10 to 24 who intentionally injured themselves. Among girls 10 to 14 years old, rates of ED visits for treatment of self-harm surged 18.8 percent yearly between 2009 and 2015, research revealed. These data on non-fatal self-injury, which were gathered by the Centers for Disease Control and Prevention's National Center for Injury Prevention and Control, were published Nov. 21 as a [research letter](#) in the *Journal of the American Medical Association*.

Study: Poor Quality Housing, Housing Problems May Be Predictive Of Worse Mental Health

MD Magazine [reported](#) that "not only does living in poor quality housing negatively affect mental health, but a 'persistence of poor housing' and housing problems is predictive of worse mental health even when that person's housing conditions improve," researchers found after conducting a longitudinal analysis of housing and mental health using data from the annual British Household Panel Survey (BHPS) data for 81,745 person/year observations from 16,234 individuals collected between 1996–2008. The [findings](#) were published in the December issue of *Preventive Medicine*.

News & Research Roundup, cont.

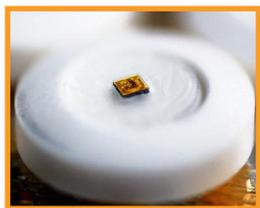
TMS Promising For Treating Depression That Has Resisted Other Treatments

The *Associated Press* [reported](#) recently that transcranial magnetic stimulation (TMS), approved by the Food and Drug Administration in 2008, is promising for treating depression that has resisted other treatments. Under guidelines developed by the American Psychiatric Association, TMS is considered a treatment option for depression after patients have failed one medication. In addition, guidelines allow for those who couldn't tolerate the side effects of medication and those who can't take SSRIs, like pregnant women, to be treated with TMS. According to the *AP* report, two studies conducted four years ago, one by the manufacturer and the other by the National Institutes of Health, found that a third of people with treatment-resistant depression achieved remission, and 50-60 percent reported their depressive symptoms improved.



FDA Approves First Digital Pill that Tracks When Users Take It

The U.S. Food and Drug Administration for the first time has approved a digital pill – a medication embedded with a sensor that can tell doctors whether, and when, patients take their medicine. Users who take the pill, which is a version of Abilify (aripiprazole), can sign consent forms allowing their doctors and up to four other people to receive electronic data showing the date and time pills are ingested. The pill is activated by stomach fluids, after which a signal is sent to a patch worn on the patient's torso. From there, the signal is transmitted to a smartphone app. A *Reuters* [news report](#) cautioned the Abilify MyCite technology "is not approved to treat patients with dementia-related psychosis and contains a boxed warning alerting health care professionals that elderly patients with dementia-related psychosis treated with antipsychotic drugs are at an increased risk of death."



Clozapine Cuts Mortality, Self-harm in Treatment Resistant Schizophrenia

New research shows Clozapine (multiple brands) reduces mortality and protects against self-harm in patients with treatment-resistant schizophrenia. Investigators at Aarhus University in Denmark found a nearly twofold higher mortality rate among patients with treatment-resistant schizophrenia who were not being treated with clozapine, compared with those treated with the drug. In addition, their findings suggest a deleterious effect of other antipsychotics on self-harm compared to clozapine. The study was [published online](#) in the *American Journal of Psychiatry*.

Cardinal Health Announces Four-Part Opioid Initiative

Cardinal Health, a Dublin, Ohio-based pharmaceutical distributor, recently [announced](#) the launch of a new program it hopes to turn the tide in the ongoing epidemic. The [Opioid Action Program](#) is aimed at helping communities in Ohio, Kentucky, Tennessee and West Virginia. The initiative will have four key elements. As part of the program, Cardinal Health will:

- Purchase about 80,000 doses of naloxone nasal spray for use by first responders and law enforcement officials in each of the four states;
- Increase its existing support for drug take-back and education programs;
- Invest \$3 million in the expansion of grants focused on youth prevention education, prescriber awareness and reduction efforts, and community responses in the four states; and
- Partner with the Warren Alpert Medical School at Brown University in Providence, R.I., to share medical school curricula that addresses opioid misuse and treatment through collaboration with medical schools across the country.

DEA Toughens Stance on Illicit Fentanyl Analogs

The U.S. Drug Enforcement Administration (DEA) [announced](#) it will classify illicit versions of fentanyl at the same level as heroin. The action will make it easier for federal prosecutors and agents to prosecute traffickers of all forms of fentanyl-related substances, the agency said. Legally prescribed fentanyl is classified as a Schedule II drug, which means it is highly addictive but has a medical purpose. The new DEA order classifies illicit fentanyl as a Schedule I drug, along with heroin. Schedule I drugs are considered addictive, with no medicinal purpose. The DEA order will last up to two years, with a possibility of a one-year extension if certain conditions are met.



News & Research Roundup, cont.

Study: Long-Acting and Daily Medications to Treat Opioid Addiction Found Equally Effective

A new study finds a long-acting medication and a short-term drug that must be taken daily are equally effective in treating opioid addiction. Researchers at NYU Langone Health found extended-release naltrexone (Vivitrol) was as safe and effective as more commonly prescribed buprenorphine-naloxone (Suboxone) in curtailing opioid use, relapse, treatment drop-out and overdose. The study, which was sponsored by the National Institute on Drug Abuse, was published in *The Lancet*. The study is the first major head-to-head comparison of the treatments, according to *The Washington Post*. Researchers found each treatment had disadvantages. Short-acting medicines must be taken daily for years or even a lifetime. Naltrexone, which is given as a monthly injection, cannot be started until a person is fully detoxified from opioids — which more than 25 percent of the study subjects failed to do.

FDA Issues Advisory About Deadly Risks Associated With Kratom

The Food and Drug Administration (FDA) advised consumers to avoid using the herb kratom, citing 36 known deaths associated with products containing the substance. Kratom comes from a plant in Southeast Asia. It is used to treat pain, anxiety, depression and symptoms of opioid withdrawal, *The Washington Post* reported. It is also used recreationally, because it produces symptoms such as euphoria, the article noted. The *FDA said* there is no reliable evidence to support the use of kratom as a treatment for opioid use disorder. The use of kratom is also associated with serious side effects like seizures, liver damage and withdrawal symptoms.



Annual Cost of National Opioid Crisis as High as \$504 Billion

Two recent research studies have placed dollar amounts on the staggering costs of opioid addiction and overdose deaths. Each provides a strong body of evidence to support investment in combatting the crisis — something addiction treatment providers continue to advocate for at the federal, state and local levels. According to *research* released by Altarum, the cost of the opioid crisis in 2016 was an estimated \$95 billion. According to a separate *report* released this month from the White House Council of Economic Advisers (CEA), total costs — including a larger measure associated with lives lost — totaled \$504 billion in 2015.

Non-Medical Use Of Prescription Drugs May Be Linked To Teen Dating Violence

Adolescents who abuse prescription medications may be prone to initiating or being victims of dating violence, researchers from the Centers for Disease Control and Prevention found after reviewing data from a nationwide survey of more than 10,000 teenagers who had dated in the past year. Specifically, the study revealed that non-medical use of prescription drugs by boys was associated with sexual dating violence. In addition, “non-medical use of prescription drugs by girls was linked more often with physical dating violence, according to the study’s lead researcher,” Heather Clayton, Ph.D., M.P.H. The *findings* were published online Nov. 20 in *Pediatrics*.

DEA Collects Record Number of Unused Pills as Part of its 14th Prescription Drug Take-Back Day



Ohioans turned in 35,797 pounds of unused, expired and unwanted prescription pills during the Drug Enforcement Administration’s fall National Prescription Drug Take Back Day. Nationwide, a record 912,305 pounds (456 tons) was collected at more than 5,300 collection sites. The DEA has collected more than nine million pounds (4,508 tons) of prescription drugs since the fall of 2010. The next National Take-Back Day is April 28, 2018.

Facebook To Expand Artificial Intelligence to Help Prevent Suicide

On Nov. 27, the world’s largest social media network Facebook, Inc., announced that it will expand its pattern recognition software to other countries after successful tests in the U.S. to detect users with suicidal intent. Facebook began testing the software in the U.S. in March, when the company started scanning the text of Facebook posts and comments for phrases that could be signals of an impending suicide. Facebook has not disclosed many technical details of the program, but the company said its software searches for certain phrases that could be clues, such as the questions “Are you ok?” and “Can I help?” If the software detects a potential suicide, it alerts a team of Facebook workers who specialize in handling such reports. The system suggests resources to the user or to friends of the person such as a telephone help line. Facebook workers sometimes call local authorities to intervene. The company did not disclose the countries where it will deploy the software, but Guy Rosen, Facebook’s vice president for product management, said it would eventually be used worldwide.





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:

Dec. 20 — [Motivational Interviewing: Clinical Supervision Tools \(Columbus\)](#)

Feb. 22 — [Alcohol and Other Drug Treatment Considerations for Individuals with SPMI \(Mentor\)](#)

Opioid STR/Cures Act Technical-Assistance Calls

OhioMHAS is facilitating a series of statewide technical-assistance calls to discuss projects and topics related to the State Targeted Response (STR) to the Opioid Crisis grant through the 21st Century CURES Act. Each call will cover different topics and include approximately 10 minutes of content presentation, while the remaining time will be utilized for participant questions and open discussion. Click [HERE](#) for a calendar of upcoming calls.

Ohio Opiate Project ECHO Video Conference Schedule Released

As part of Ohio's 21st Century CURES Act initiative, OhioMHAS will sponsor several services to help mentor and provide continuing education for physicians through [Project ECHO](#) (Extension for Community Healthcare Outcomes). Video conferences will be hosted by Northeast Ohio Medical University (NEOMED) through two distinct ECHOS. A **mentorship ECHO** will be offered by physician experts for up to 30 waived physicians every two months that will help them gain the experience they need to be comfortable prescribing buprenorphine. The mentorship program will hold teleconferences/webinars once a week and cover topics such as documentation, difficult cases, patient retention and patient referral. At the end of the two-month mentorship program, a new cohort of physicians will be recruited and taken through the same process. A **continuing education ECHO** will also be hosted by NEOMED that will be open to all buprenorphine prescribers in every Ohio community. This ECHO's teleconference/webinar schedule will rotate topics each week of the month. Half of each teleconference/webinar will be dedicated to an instructive presentation (e.g., motivational interviewing in emergency department settings), and half of the session will be dedicated to case review with a panel of experts. Video conferencing sessions began Nov. 3. Click [HERE](#) for the complete schedule. To register for an ECHO or to request more information, please email OPIATECHO@NEOMED.EDU.

Save the Date: 2018 Ohio Recovery Housing Annual Conference — April 3-4

Ohio Recovery Housing (ORH) will host its 2018 Annual Conference April 3-4 at the Marriott Columbus University Area. ORH is currently seeking presenters who can provide strategies for expansion, sustainability and advocacy. The [Call for Proposals](#) is open until Jan. 2, 2018. Presenters will be notified by Jan. 19, 2018. Registration information will be available soon. Visit www.ohiorecoveryhousing.org for more information.

Save the Date: 2018 Ohio Promoting Wellness & Recovery Conference — June 25-27

The OhioMHAS Bureau of Prevention and Wellness is pleased to announce that the 2018 Ohio Promoting Wellness and Recovery Conference (OPEC) will take place June 25-27 at Miami University in Oxford. This annual conference focuses on creating access, improving quality and making connections with Ohio's prevention, early intervention, treatment and recovery support workforce for children, families and communities. Cost is \$120. More details will be provided in early 2018. Follow conference-related news at www.OPECconference.com or on Twitter @OPECconference.

Call for Presenters for the 2018 National Conference on Problem Gambling in Cleveland

The 32nd National Conference on Problem Gambling & Responsible Gambling will bring together more than 600 local, national and international experts in problem gambling and responsible gaming to educate and inform a diverse group of public health, prevention, treatment, advocacy, recovery, research, regulatory and industry professionals. Attendees will include professionals from many disciplines — behavioral health, social work, mental health and substance abuse counselors, researchers, legislators, regulators, prevention specialists, gaming industry executives and employees, media, policy makers, recovering gamblers and family members. The pre-conference is July 18-19 and main conference is July 20-21 at the Hilton Cleveland Downtown. Apply to participate as a presenter and help to advance the mission of leading state and national stakeholders in the development of comprehensive policy and programs for all those affected by problem gambling. The lead presenter will receive complimentary registration for the main or pre-conference sessions. Tracks are Treatment, Responsible Gambling and Regulation, Prevention, Recovery and Community, and Military/Veterans Gambling and Addiction. **The deadline for submissions is Dec. 15.** Apply online [HERE](#). All applicants will be notified of the decision regarding their submission by Jan. 31, 2018.



Recent graduates of the Trauma-Informed Care Train-the-Trainer event.

Trauma-Informed Approach: Key Assumptions and Principles Trainers Now Available

OhioMHAS, in partnership with the Ohio Department of Developmental Disabilities, recently completed a series of five regional train-the-trainer events to help establish sustainability around the state's Trauma-Informed Care (TIC) initiative. More than 125 participants from a variety of backgrounds and disciplines participated in the trainings, which provided an introduction to trauma and trauma-informed approaches in behavioral health and human services. These trainers are now available for local agencies and organizations who want to learn about the fundamentals of trauma-informed care.

"This training provides the foundation for more advanced work in developing trauma-informed environments and practices," said OhioMHAS TIC Coordinator Kim Kehl.

"We now have the ability to put information about trauma directly in the hands of those most affected, which will empower hospitals, developmental centers, providers and organizations," he explained. "This will also assist to expand opportunities for Ohioans to receive trauma-informed interventions by enhancing efforts for practitioners, facilities and agencies to become competent in trauma-informed practices."

Click [HERE](#) for a directory of available trainers.



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.

