



OhioMHAS Director Tracy Plouck presents survey findings to members of the Ohio Casino Control Commission on Oct. 18.

## Percentage of Problem Gamblers in Ohio Remains Below National Average, New Survey Shows

While the percentage of Ohio adults who meet the criteria as problem gamblers has increased in the five years since casinos and racinos opened in Ohio, the numbers are still well below the national average, according to an analysis of the [\*Ohio Gambling Survey — Round Two\*](#).

The survey, which serves as a follow-up to a baseline survey conducted in 2012, revealed that 0.9 percent of Ohioans, 18 or older — roughly 76,400 people — identified themselves as problem gamblers, up from 0.4 percent in 2012. While that percentage has doubled since gambling was legalized, it is significantly below the national average of 2.2 percent of people who have reported having problems in the past year.

More than 24,000 adults ages 18 and older completed telephone and cell-phone surveys. The data was weighted by

researchers at the Ohio State University on age, race and gender to closely reflect Ohio's population by county Alcohol, Drug Addiction and Mental Health Board areas, and to enable generalizations from the survey sample data regarding Ohio adults

The survey also estimated that 843,000 Ohioans are considered to be at-risk for problem gambling. Younger adults (ages 18-44), minorities and individuals who were unemployed and less-educated were more likely to be at-risk, the survey noted.

These individuals constitute the prime audience for the [\*Ohio for Responsible Gambling\*](#) (ORG)-sponsored "[\*Get Set Before You Bet\*](#)" prevention campaign. ORG also promotes the Ohio Problem Gambling Helpline: 1.800.589.9966.

Click [HERE](#) to learn more about Ohio's problem gambling prevention and treatment resources and initiatives.

## Inpatient Providers Gather to Share Ideas for Program Innovation

The 2017 Private Psychiatric Inpatient Provider Conference focused on "Innovations in Behavioral Health Care." The event welcomed two keynote speakers from Florida — Administrative Judge Steven Leifman and Cindy A. Schwartz — who presented on effective strategies that are transforming the mental health and criminal justice systems in the Miami-Dade County area.

"It's a shameful American tragedy that people with untreated mental illness are more likely to find a bed in jail than in a treatment facility," said Leifman. The challenge is to "focus on the people with the greatest need who cycle through systems without getting the services they need." This approach is a costly approach to misdemeanors, he added.

Their work is showing that access to treatment can reduce jail days, as does support through housing, employment and peers.

The Lazarus Project puts psychiatrists on the street, said Leifman, to help people who have been deemed hopeless.

Schwartz explained how their project is making jail the last resort. It involves Crisis Intervention Team training for law enforcement and appropriate linkages to services. "Peer specialists are the secret ingredient to our success," she said.

Another key topic of the day was trauma. A packed room listened to Lisa Gordish, Psy.D., of OhioMHAS and Frank Beele from The Ohio State University Harding Hospital conduct a breakout session on "Treating Challenging Behavioral Issues in an Inpatient Setting — A Trauma-Informed Approach."

Gordish explained that trauma disrupts emotional regulation, stress response and coping skills. Beele presented real-life examples of clinicians helping patients to feel safe by validating their distress and

establishing trust.

Northern Kentucky University Professor of Law Sharlene Graham Boltz discussed "Threats, Trauma and Triggers

Intersectionality of Historical and Vicarious Trauma" during a lunch presentation.

The biennial conference is sponsored by the OhioMHAS Office of Licensure and Certification. Click [HERE](#) to view conference presentations. Click [HERE](#) to see more photos from the conference.

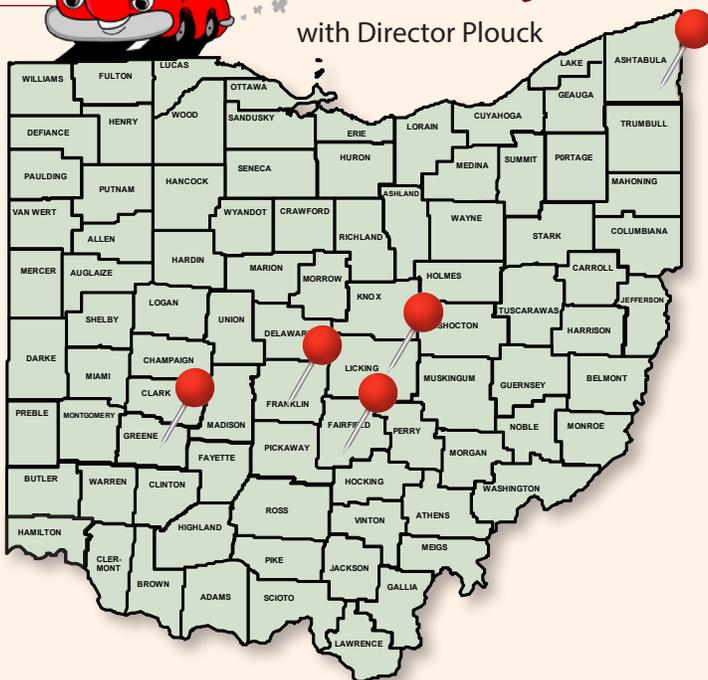


Judge Leifman



## On the Road

with Director Plouck



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

- 10.3-5 Attended annual board meeting for the Council of State Governments Justice Center in Washington, D.C.
- 10.10 Attended leadership training for recently appointed ADAMH board directors.
- 10.13 Provided remarks at the sixth annual Prevention, Awareness, Recovery and Treatment Conference in Ashtabula.
- 10.16 Spoke at the annual meeting of the Ohio Family and Children First Councils Coordinators Association.
- 10.18 Presented the annual problem gambling report to the Ohio Casino Control Commission.
- 10.19 Attended "Art of Recovery" event in Newark.
- 10.20 Provided opening remarks at the biennial Private Psychiatric Inpatient Provider Conference.
- 10.23 Attended Ohio Stepping Up steering committee meeting.
- 10.26 Visited OhioMHAS Recovery Services staff at Southeastern Correctional Complex in Lancaster.
- 10.27 Spoke about Ohio's efforts to combat the opioid epidemic at the Center for Disaster Mental Health Committee meeting held in Beavercreek.

## Ohio Launches Tech Challenge Aimed at Finding Solutions to Opioid Crisis

In an effort to leave no stone unturned in the fight against drug abuse and addiction, the Ohio Third Frontier Commission **announced** the launch of its \$8 million **Ohio Opioid Technology Challenge**. This global competition seeks to award new approaches and technology solutions to the nation's opioid epidemic whether they be from regular citizens or researchers and scientists.

The Ohio Opioid Technology Challenge now is accepting proposals at [www.OpioidTechChallenge.com](http://www.OpioidTechChallenge.com) to identify technology that holds the promise of treating pain without painkillers and diagnosing, treating and preventing abuse and overdoses. Qualified solutions can be anything from diagnostics, devices and pharmaceuticals to health information technologies that address prevention, treatment, overdose avoidance or response.

**Ohio**  
**Third Frontier**  
Innovation Creating Opportunity

"Whether you're a medical or health care expert, or simply a concerned citizen, we are calling on everyone to be part of the solution," said David Goodman, director of the Ohio Development Services Agency and chairman of the Ohio Third Frontier Commission. "The answer may come from anywhere."

Five of the most-promising ideas will be awarded \$10,000 each, making them eligible later for additional funding to advance "technical solutions" in tackling opioid addiction. The final stage in 2019 will develop the ideas into products for use in the marketplace to fight drug abuse.

Forty runners-up, 20 from among average citizens and 20 for professionals and experts, will be awarded \$500 each in a random drawing. Proposals are due by Dec. 15.

The Tech Challenge is being managed by Cleveland-based NineSigma, Inc., which has overseen similar competitive problem-solving initiatives for federal agencies including NASA and the Department of Homeland Security.

The Tech Challenge is the second of two key pillars that comprise the \$20 million **Third Frontier Opiate Abuse, Prevention and Treatment Technology Initiative** announced by Gov. John Kasich during his 2017 State of the State Address. More than 40 universities, hospitals, medical companies and others have submitted letters of intent in hopes of capturing a share of \$12 million in state grants to accelerate the development of existing, proven ideas that need an extra boost to get them to market faster.

Watch a **video** from the Tech Challenge launch event.

## Lake County Board, Providers Using Technology to Fight Opioid Addiction

A new smartphone app is providing extra help and support for Lake County residents in recovery from opioid and other addiction disorders. Supported by a \$50,000 investment from the Lake County Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board, the **Addiction-Comprehensive Health Enhancement Support System** (ACHES) offers real-time support to help people in recovery stay sober.

The app provides 24/7 access to peer support, recovery coaches and personal motivators (such as family photos, videos, inspirational quotes, etc.). When an individual is feeling vulnerable, he or she can push a “beacon button” to connect with a peer support specialist. Within the app there is a journal, a place to set goals and a place to set up medication protocols.

There are also private “Facebook-like” groups where app users can talk to one another. The app also can be used to locate AA meetings and includes a GPS component that alerts others



if the person gets too close to pre-programmed risk-inducing triggers.

**Crossroads**, a provider agency in the **Lake ADAMHS Board** service network, was selected to pilot the app last year as part of its Opiate Recovery Transition Program (ORTP). The program seeks to increase treatment compliance and engagement in early recovery among heroin/other opioid users by bundling use of the recovery app with three other intervention strategies: detox, medication-assisted treatment and intensive outpatient treatment.

With the Board’s support, the pilot has expanded and now involves a

coordinated partnership between Crossroads, Lake Health, Windsor/Laurelwood, Signature Health and Lake-Geauga Recovery Centers.

In a study conducted by Case Western Reserve University, treatment completion among adolescents receiving care at Crossroads/New Directions increased **20 percent** when intensive outpatient counseling was paired with the app.

## Board of Pharmacy Announces Latest Upgrades to State’s Prescription Drug Monitoring Program

Ohio is deploying a new tool in its fight against prescription drug abuse. This month, the State of Ohio Board of Pharmacy announced an upgrade to Ohio’s prescription drug monitoring program, known as the Ohio Automated Rx Reporting System (OARRS), that will provide Ohio prescribers and pharmacists with advanced analytics and tools to promote patient safety and assist in clinical decision-making.

“Through this upgrade, Ohio becomes the first state in the nation to offer this powerful analytics tool statewide,” said State of Ohio Board of Pharmacy Executive Director Steven W. Schierholt. “This is another step in our commitment to utilize data in OARRS to better inform patient care.”

The upgrade to OARRS, utilizing Appriss Health’s NarxCare® platform, offers several key features, including scores that calculate a patient’s possible risk of overdose and addiction, red

flags to alert prescribers of a potential patient safety issue, interactive visualization of prescription data, a messaging option to communicate with other health care providers and the ability to search for local addiction treatment providers. The new platform will be made available at no cost to all Ohio health care providers accessing OARRS via electronic health records and through the OARRS website on Nov. 20.

Ohio has been strengthening its prescription drug monitoring program to give prescribers and pharmacists greater ability to prevent opiate abuse. As a result, doctor shopping — where individuals see multiple prescribers to illicitly obtain controlled substances — has decreased substantially and the total number of opiates dispensed to patients is down 20 percent over a four-year period.

Click **HERE** for more information on Narxcare®.



## Outdated Grants Systems to Be Retired Jan. 1, 2018

Newer grant management tools have made it possible for the OhioMHAS IT team to sunset five obsolete software applications. The following systems will no longer be available as of **Jan. 1, 2018**:

- OLGA
- POPS
- PIPAR
- Prevention
- Funding Requests

To ensure the orderly retirement of these systems, external customers should:

- Review application entries and resolve any outstanding concerns as soon as possible.
- Generate any necessary reports prior to Jan. 1, 2018.

Following these steps will help to achieve shutdown in a timely and cost-effective manner.

Questions? Email:

**[James.Lapczynski@mha.ohio.gov](mailto:James.Lapczynski@mha.ohio.gov)**

## Survivor of Golden Gate Bridge Jump Shares Story, Advice on Helping Others with Hidden Pain to Northwest Ohio Students

Suicide survivor, activist, storyteller and filmmaker Kevin Hines visited Wood County this month to visit with students, share his story and provide advice and hope to others struggling with hidden pain.

Hines, 36, who has suffered from bipolar disorder since childhood, survived a jump from the Golden Gate Bridge in 2000. He is one of only 36 people (less than 1 percent of all attempts) to survive the fall, and the only survivor actively spreading the message of living mentally healthy.

Hines was invited by Project AWARE Ohio, the Wood County Service Center and the Wood County Suicide Prevention Coalition to present to students at Otsego and Northwood high schools. He drew upon material included in his 2013 best-selling memoir *Cracked Not Broken: Surviving and Thriving After a Suicide Attempt*.

In sharing his story, Hines told the audience that if one person had smiled at him, or asked him if he was all right, he would not have jumped. Despite crying in front of the bus driver as well as a woman wanting him to take her picture,

no one showed any kindness or interest.

"Suicide thinking is irrational," Hines said. "Nobody made me do [it] except my distorted brain. I wanted to live, but I knew I had to die."

During the 250-foot fall to the San Francisco Bay below, Hines recalled thinking to himself, "What have I done? I want to live."

Despite impacting the water at 75 mph, Hines miraculously sustained three broken vertebrae in his back, and regained full mobility after his attempt. "I have lived 17 years past the day some say I should have died," he said. "But I am grateful for every single place I get to go."

He left the audience with a poignant message: "Never silence your pain. Your pain is valid. Your pain is real. Your pain matters. Because you matter."

According to local media reports, many in the audience left knowing there is hope for recovery, and now have a firm understanding of the importance of reaching out in times of crisis.

Hines is currently producing a documentary entitled *Suicide: The Ripple Effect*. He previously released a documentary in 2004 where he and his crew filmed



**Kevin Hines**

every daylight hour of the Golden Gate Bridge for 365 days, capturing 23 of the 24 suicides completed. He continues to travel widely, sharing his message of hope and inspiration with others.

To join Hines' movement, text CNQR to 51555. The letters stand for Courage, Normalize, Question, Recovery. It is a social-impact organization that aims to drive a large-scale change in the brain-health and wellness realm as a means to ultimately eradicate suicide.

For immediate help, call 800.273.8255 or text '4HELP' to 741 741.

## Student Leaders Focus on Prevention at 2017 Red Ribbon Week Youth Summit

Nearly 250 youth representing 19 high schools gathered to learn valuable prevention skills and network with peers at the 2017 Red Ribbon Week Youth Summit held Oct. 20 at the Cincinnati Zoo and Botanical Garden.

The Summit, which was designed to engage students in grades 9-12, was sponsored by PreventionFIRST!, in partnership with the Hamilton County Mental Health and Recovery Services Board and OhioMHAS. The event was planned and led by youth who participated in a summer Youth Leadership Forum hosted by the PreventionFIRST!

The Summit coincided with Red Ribbon Week, a national drug-awareness campaign to collectively promote intolerance for the use of illegal drugs, as well as the illegal use of legal drugs, and to encourage youth to make a commitment to a drug-free lifestyle.

"Being part of PreventionFIRST! has been one of the most influential experiences I have had thus far," said Lily Marino,



**Youth Leadership Team (l-r): Lily Marino, St. Henry's District High School; Zach Stringer, Villa Madonna Academy; Caroline Trennepohl, Oak Hills High School; and Patrick Goodman, Villa Madonna High School.**

a senior at Saint Henry District High School. "When I entered high school, I wasn't the strong and empowered extrovert I am today," she explained. "This opportunity has taught me how to flourish my inner leadership skills, and how I am the change I wish to see."



## Fairfield ADAMHS Hosts Second Annual Recovery Conference

The Fairfield County Alcohol, Drug Addiction and Mental Health Services Board hosted its second annual Mental Health and Addiction Recovery Conference Sept. 22-23 in Lancaster. The conference featured dozens of workshops focused on encouraging and empowering individuals in recovery from mental illness and/or addiction and keynote remarks from Andrea Boxill, deputy director, Governor's Cabinet Opiate Action Team and Gabe Howard, award-winning writer, mental health activist, speaker and educator. **PICTURED (clockwise):** Participants enjoy the "Gentle Yoga — Mindful Meditation for PTSD and Trauma" workshop; a crowd gathers for the start of the 2017 Recovery Conference.



## Ohio Libraries Raising Awareness on Addiction

The State Library of Ohio, Ohio Library Council and Ohio Attorney General Mike DeWine are joining forces on a new effort aimed at increasing awareness about opioid abuse and addiction.

The Ohio Library Council and State Library of Ohio announced plans to distribute opioid addiction awareness posters available to Ohio's 251 public library systems and 146 academic libraries at higher education institutions. The partnership was announced Oct. 5 at the Ohio Library Council Convention and Expo.

Libraries are encouraged to display the posters for staff and the general public. The posters list the warning signs of opioid abuse or addiction and the signs of an overdose. The posters also include a statewide hotline number that those looking for assistance can call.

"The opioid crisis is having an impact on families all across Ohio. Providing information to people about where and how they can get help is one step in addressing this crisis," said State Librarian Beverly Cain.

Other local agencies interested in receiving a free, customized version of the below poster should email [heroinunit@ohioattorneygeneral.gov](mailto:heroinunit@ohioattorneygeneral.gov).

**DRUG ADDICTION AFFECTS ALL OHIOANS**

Know the warning signs

**Know the facts:**

- Accidental overdoses kill over 11 people every day in Ohio.
- Opiate pain pills, fentanyl, and heroin are all opioids.
- One in five Ohio residents knows someone struggling with heroin addiction.
- Naloxone is a medication used to reverse the effects of an opioid overdose.

**Know the signs of opioid abuse or addiction:**

- Sudden dramatic weight loss
- Changes in expected emotional response and rapid mood swings
- Dramatic changes in sleep patterns
- Constipation without reasonable explanation
- Small or pinpoint pupils
- Unexplained missing personal items and money

**Know the symptoms of opioid overdose:**

- Bluish nail beds and lips, pale or grayish skin tone
- Noisy and irregular breathing, respiratory arrest, cardiac arrest

**Know where to get assistance for you or your loved one:**

If you suspect an overdose, call 911. For non-emergency assistance, call the Ohio Department of Mental Health and Addiction Services Toll-Free Bridge Line at 1-877-275-6364 for local resources, or visit [www.RecoveryIsBeautiful.org](http://www.RecoveryIsBeautiful.org).

MIKE DEWINE STATE LIBRARY OF OHIO OLC OHIO LIBRARY COUNCIL

## New White Papers Focused on Helping Adults Become Effective Facilitators of Youth-Led Prevention Programs

A select group of Ohio youth-led prevention professionals has published a series of white papers aimed at helping adults develop skills necessary to become effective facilitators of youth-led programming.

The white papers, which are available on the Ohio University Voinovich School of Leadership and Public Affairs [web-site](#), were authored by 10 adult allies selected via a competitive application process to participate in a study group convened by OhioMHAS, in partnership with Prevention Action Alliance and the Voinovich School of Leadership and Public Affairs.

OHIO  
— adult —  
ALLIES

The experience enabled participants to deepen their knowledge of the theoretical basis of youth-led programming, preparing them to be leaders and resources to Ohio's prevention field. The white papers examine a variety of topics from theories of youth development to youth empowerment and prevention.

Click the links to read individual white papers:

[Youth-Led Programs](#)

[Conceptualizing Adolescents/ce](#)

[Positive Youth Development](#)

[Youth Empowerment](#)

[Prevention and Promotion \(coming soon\)](#)

## Ohio Early Childhood Initiative Keeps Kids in Preschool Centers and Home Childcare

### OhioMHAS "Whole Child Matters" Grant helps prevent daycare, home care expulsion

Expulsion rates of children prior to kindergarten are at rates up to 34 times higher than the rates of children expelled from kindergarten through 12th grade, combined. In addition, boys are being expelled at a rate of 4.5 times that of girls, and children of color are significantly more likely to be expelled.

A collaborative effort throughout Ohio is currently underway to address this issue, with the support of the OhioMHAS [Whole Child Matters: Early Childhood Mental Health \(ECMH\) Initiative Grant](#). Led by Nationwide Children's Hospital, in partnership with early childhood mental health consultants and providers throughout the state, the [Ohio Preschool Expulsion Prevention Partnership \(OPEPP\)](#) has prevented 93 percent of expulsions of children who were reported to the OPEPP hotline by daycare and in-home child care providers as having behavioral issues and being at-risk.

Any licensed home child care or center child care provider or ODE preschool with children whose behavior poses challenges and who are at-risk for expulsion can call the Ohio Preschool Expulsion Prevention Partnership at 844.678.ABCs or complete an [online request form](#). A local early childhood mental health consultant is promptly identified to provide one to three consultation sessions to teachers and

administrators with the goal of keeping children enrolled. Consultants offer specific classroom strategies and interventions designed to have immediate impact and make recommendations for teachers to use with students and families, including referrals to external mental health providers if needed.

"Our goal is to engage teachers as early as possible to reduce and eliminate expulsions during such a crucial developmental period in a child's education," said Kristopher West, Ph.D., who directs the ECMH Program at Nationwide Children's Hospital. "Working alongside administrators, teachers and home care providers, we can help create a climate that educators and students can thrive in."

Consultants help identify stressors, provide trauma-informed training, create awareness of the social-emotional environment within the classroom and equip teachers with the tools to help students build resiliency.

"One rewarding aspect of this project as we have reached out to providers across Ohio has been helping in-home family child care providers and centers in rural communities that did not previously



realize what resources were available to them," said West. "Simply helping them connect those dots can make a big difference."

All consultants are trained in [The Georgetown Model of Early Childhood Mental Health Consultations](#). Trained consultants include staff from: Nationwide Children's Hospital, Hopewell Health Centers, A Renewed Mind/Unison Behavioral Health, Children's Resource Center, Starting Point, Alta Behavioral Healthcare, Consolidated Care, Inc., Catalyst Life Services, Catholic Charities Diocese of Cleveland/Geauga, Catholic Charities of Southwestern Ohio, Child Focus, Inc., Child Guidance and Family Solutions, Crossroads Lake County, Samaritan Behavioral Health, and Greene County Educational Services Center.



## Cincinnati Awareness Walk Raises More than \$150,000 for Suicide Prevention

The 10th Out of the Darkness walk in Cincinnati drew a record 2,150 people walking along The Banks to raise money and awareness for suicide prevention. Among the groups on the two-mile Ohio River stroll was a band of friends and relatives of Gabriel Tye (pictured). Gabriel, 8, of Westwood died of suicide Jan. 26. His mother, Cornelia Reynolds, led the team. Gabriel died amid an outbreak of youth suicide in Greater Cincinnati in which 23 people aged 18 and younger have died in the past 21 months. At least 10 cities in Ohio have held Out of the Darkness walks this year. The Cincinnati organizers said the Oct. 15 event raised \$150,000 for suicide prevention programs. *Photo Credit: The Cincinnati Enquirer.*

## Haunted House Attraction Helps Raise Awareness of Opioid Crisis in Northwest Ohio, Gives Back to Recovery Community

Every October, haunted houses pop up in communities throughout Ohio. What separates Perrysburg's *Distracted Haunted House* from its spooky counterparts is this: its co-owners provide volunteer opportunities and support to individuals in various stages of addiction recovery.

Distracted uses more than 100 volunteers to provide spine-tingling thrills and chills for visitors. A majority of volunteers are past clients of Team Recovery, the Zepf Center, or similar facilities, Scott Francis, Distracted's creative director and co-owner told *The Toledo Blade*. In addition to helping individuals in recovery build confidence through steady work and a sense of accomplishment, Distracted donates a portion of its proceeds to support the recovery community.

The attraction debuted in 2016 with a mission to provide scary, fun entertainment during the Halloween season. But its creators soon discovered their work had a much higher purpose.

"We found that in addition to distracting patrons, we also provided a valuable distraction for recovering addicts," Francis said on the Distracted website. "Volunteering helped relieve stress of every day life during recovery and created unique shared experiences and opportunities for team support. It also productively occupied idle time over weekends that otherwise could contribute to or trigger relapse."

The complex offers 4,500-square feet of dark, winding halls, ghoulish scenes, frightening actors, nightmarish props and



haunting distractions. The attraction is open every weekend through Nov. 4. Tickets start at \$20.

Matt Bell, Team Recovery co-founder and president, stated in promotional material that volunteering at Distracted Haunted House "was one of the best things I've ever done in the social realm of my recovery.

"Not only was it extremely fun and entertaining, it was a great way for my team members and I to get active and stay busy together in a safe, sober environment," said Bell, a former University of Toledo baseball player who has gone public with his fight against heroin addiction.



### ENGAGE 2.0 Grant Kicks Off with Regional Events

Approximately 100 representatives from counties receiving funds as part of Ohio System of Care for Children: ENGAGE (Engaging the New Generation to Achieve their Goals through Empowerment) 2.0, a four-year, \$3 million grant from SAMHSA, gathered in Fairfield and Findlay on Oct. 24 and 26, respectively, to discuss what successful implementation would look like in their communities. View more [photos](#). Watch a [video](#).

### New Behavioral Health e-Journal Debuts

The OhioMHAS Bureau of Research and Evaluation is pleased to introduce its new *Behavioral Health Trends in Ohio e-Journal*. The Journal represents a new incarnation of *Current Research Trends*, which was first published in 2012 by the former Ohio Department of Mental Health.

This new e-Journal will include human-interest stories about various personalities, places and issues affecting the public behavioral health care spectrum. Through the e-Journal, the OhioMHAS research team will disseminate up-to-date information about behavioral health care outcomes data, policy matters, treatment debates and evidence-based best practices.

The Department invites the field to submit articles for publication. Please read the [manuscript preparation guidelines](#) for information on how to properly format submissions. For more information, contact Helen Anne Sweeney at 614.466.9981 or email [OPQR-OhioMHAS@mha.ohio.gov](mailto:OPQR-OhioMHAS@mha.ohio.gov).



## News & Research Roundup

### Brief Survey Aims to Gather Clinical Data for Gambling Disorder Treatment

The Ohio Problem Gambling Advisory Board, with support from OhioMHAS, is asking for clinicians to complete a [short survey](#) to determine service accessibility and workforce development needs for problem gambling services in Ohio. The survey should take less than five minutes to complete, and will be open through Nov. 13. Questions? Contact Scott Anderson at 614.466.8562 or email [scott.anderson@mha.ohio.gov](mailto:scott.anderson@mha.ohio.gov).

### New NIH Resource Helps Individuals Locate High-Quality Care for Alcohol Use Disorder

People searching for high-quality care for alcohol use disorder have a new online tool to help them. The tool, called the [Alcohol Treatment Navigator](#), is provided by the National Institute on Alcohol Abuse and Alcoholism (NIAAA), part of the National Institutes of Health. The Alcohol Treatment Navigator is designed to help people with alcohol use disorder and their loved ones through a step-by-step guide to assessing options beyond Alcoholics Anonymous and detox programs, the [Associated Press reported](#). The tool links to existing directories of board-certified addiction doctors or psychiatrists, accredited alcohol treatment centers and licensed therapists. The navigator also includes 10 questions to ask a provider, and five signs of quality to listen for, as well as a downloadable toolkit to help organize and simplify the search process.

### CDC: Suicide Rates Up Across the U.S.

Suicide in the U.S. is on the upswing, with rural Americans more likely to take their own lives than residents of urban counties, the [CDC reported](#) this month. Between 2001 and 2015, the suicide rate increased more than 20 percent in the U.S., as more than 544,000 people took their own lives. Overall, rural counties saw 17.3 suicides per 100,000 people, compared to 14.9 per 100,000 in medium/small metropolitan counties and just 11.9 per 100,000 in large metropolitan counties. Across all urbanization levels, firearms were the most often used mechanism of death, with the highest rates and greatest rate increases in rural areas. Race and gender also played a role, with males up to five times more likely to end their lives than women, regardless of where they lived, the findings showed. According to the CDC's study, whites had the highest suicide rates in metropolitan counties while American Indians/Alaska Natives had the highest rates in rural counties. Also, suicide rates for blacks in rural areas were consistently lower than suicide rates for blacks in urban areas.

### App Improves Mental Health Service Delivery to Pregnant Women with Symptoms of Depression

A smartphone application that tracks mood changes and alerts providers if symptoms worsen appears to improve service delivery and patient engagement among pregnant women with perinatal depression symptoms, according to a [report](#) published this month in *Psychiatric Services in Advance*. The findings suggest such an app "is a feasible option to improve mental health service delivery via monitoring at-risk patients between visits," wrote Lisa Hantsoo, Ph.D., and colleagues at the University of Pennsylvania Perleman School of Medicine. "This app also facilitated patient-provider contact when needed rather than relying on the patient to decide to send an electronic message to her provider through a [patient portal]."

### 55% of Universities Say They Lack Necessary Resources to Support Student Mental Wellness Needs

According to the National Alliance on Mental Illness (NAMI), one in five students will suffer from a mental health condition while attending college. And, similar to the general population, more students are choosing to engage in conversations surrounding mental wellness and are even seeking help from university health centers while still in school. But with more students exploring resources for their mental wellness needs, where does that leave universities, who are often under tight budgets and limited resources? Indeed, a steadily rising national enrollment rate in universities does mean colleges are left trying to squeeze more out of already tight resources. [StudySoup](#), a social learning marketplace for college students, surveyed four-year public university student health centers about whether or not they feel they have the resources necessary to help students in need. Of those surveyed, 55 percent reported that they don't have all of the resources necessary to support student wellness needs. The majority of those pointed to a lack of funding while many also expressed a need for more counselors. Though resources are limited, universities are working to ensure students are aware of the resources available to them on campus, encouraging an ongoing and open conversation about mental illness, and creating strong on-campus support systems composed of students and faculty. Click [HERE](#) to read the full report, as well as learn more about the efforts universities are making to support student needs.



## News & Research Roundup, cont.

### Online Tool Tracks Suspected Opioid Overdoses in Real Time

A new online tool allows first responders, public safety and public health officials to track opioid overdoses in real time. Health officials say the data allows them to quickly allocate resources where they are needed. First responders can access the tool, the [Overdose Detection Mapping Application Program \(ODMAP\)](#), from any mobile device or computer when they go to the scene of an overdose. They enter whether the overdose was fatal or nonfatal and whether the opioid overdose antidote naloxone was administered. The results appear on a map, which police chiefs and other officials can use to see where overdoses are being reported. If there is a cluster of overdoses in a particular area, police and fire chiefs get e-mail alerts.

### DEA, Discovery Education Join with Milken Institute to Announce Drug Prevention Call to Action

To combat America's rapidly growing opioid and heroin epidemic, the Milken Institute's Lynda and Stewart Resnick Center for Public Health is joining forces with the U.S. Drug Enforcement Administration (DEA), DEA Educational Foundation and

**OPERATION  
PREVENTION**



Discovery Education, the leading provider of digital content and professional development for K-12 classrooms, to expand the reach of [Operation Prevention](#) — a national, standards-based initiative developed to educate students, families, and employees about the science behind opioids, and their impact on the brain and body. Requiring no local sponsorship or corporate

underwriting to activate, Operation Prevention is available for use today in every school, afterschool and community-based program in the nation. Operation Prevention combines [virtual field trips](#), [parent resources](#), digital tools, and a nationwide peer-to-peer [video challenge](#) that encourages teens to create 30-60 second original public service announcements (PSAs). The PSAs are designed to engage students in life-saving conversations about the science of addiction. Since launching in Oct. 2016, Operation Prevention's immersive English-and Spanish-language tools have reached more than one million young people ages 8 to 18. Click [HERE](#) to read a media release.

### DEA Releases 2017 National Drug Threat Assessment

The DEA has released its [2017 National Drug Threat Assessment](#). This document provides a yearly assessment of the challenges local communities face related to drug abuse and drug trafficking. Highlights in the report include usage and trafficking trends for prescription drugs, heroin, methamphetamine, cocaine, marijuana and synthetic drugs. The Assessment factors in information from many data sources such as drug seizures, drug purity, laboratory analyses, information on the involvement of organized criminal groups, and survey data provided to DEA by 5,155 state and local law enforcement agencies across the country.



### New SAMHSA Report Analyzes Full Continuum of Care for Serious Mental Illness

SAMHSA recently commissioned a report that examined the need for addressing serious mental illness with the same emphasis as other chronic medical conditions. The report, [Beyond Beds: The Vital Role of a Full Continuum of Psychiatric Care](#), was issued jointly by the National Association of Mental Health Program Directors and the Treatment Advocacy Center, and reports on the vital role of an interconnected, evidence-based system of care in reducing the human and economic burden of serious mental illness.

### OSU Study: Nurse Depression Can Lead to Medical Errors

Depression is common among nurses and is linked to a higher likelihood of medical errors, according to [new research](#) from The Ohio State University. The study found that more than half of nurses who took part in a national survey reported sub-optimal physical and mental health. Nurses in poorer health had a 26 to 71 percent higher likelihood of reporting medical errors than did their healthier peers. Depression stood out as a major concern among the 1,790 U.S. nurses who responded to the survey, and as the key predictor of medical errors. The study, which appears online in the *Journal of Occupational and Environmental Medicine*, also found that nurses who perceived their workplace as conducive to wellness were more likely to report good health.



## Training Opportunities

### CWRU Center for Evidence-Based Practices Trainings

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

Nov. 30 — [\*Alcohol and Other Drug Treatment Considerations for Individuals with SPMI \(Toledo\)\*](#)

Dec. 4 — [\*Stage-Wise Integrated Treatment for Co-occurring Disorders \(Columbus\)\*](#)

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

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

### November CAMS/AMSR Suicide Prevention Trainings

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

### 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.

### OCAAR Announces Monthly, Online “Advocacy 101” Trainings

Ohio Citizen Advocates for Addiction Recovery (OCAAR) has announced that beginning Dec. 15, it will host monthly, online “Advocacy 101” trainings for anyone interested in learning how to become an effective advocate for Ohioans in recovery. Click [HERE](#) for dates, times and registration information. OCAAR also announced two new advanced trainings — *Beyond Advocacy 101* and *Become an OCAAR Advocate* — available to all individuals who complete the 101 virtual training. For more information, contact Sarah Thompson at [sthompson@oca-ohio.org](mailto:sthompson@oca-ohio.org) or visit [www.oca-ohio.org](http://www.oca-ohio.org).

### 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 begin Nov. 3. Click [HERE](#) for the complete schedule. To register for an ECHO or to request more information, please email [OPIATECHO@NEOMED.EDU](mailto:OPIATECHO@NEOMED.EDU).

### Star Behavioral Health Providers (SBHP) Upcoming Tier 1 Training Opportunities

Star Behavioral Health Providers (SBHP) is a training, dissemination and referral system aimed at expanding access to behavioral health providers for service members, veterans and their families. The mission of this program is to provide licensed Ohio behavioral health providers with specific, evidence-based training that will help them meet the needs of those impacted by military service. Eligible providers receiving the training may be listed in a comprehensive public access provider registry that will identify them as having completed this training in military issues. The registry is a valuable resource for service members, veterans, families and referring professionals in and outside the military. Tier One training provides an introduction to military culture, information about the deployment cycle and the effect of the deployment cycle on service members and their families. The training is free to participants, and continuing education units (CEUs) may be earned at no cost. This training is

## Training Opportunities, cont.

available to all service providers and community members. [Register to attend](#) the following upcoming Tier One trainings: Nov. 6 (Findlay) May 8, 2018 (Warren).

### CompDrug/Youth to Youth Prevention Ethics Training — Nov. 6

CompDrug/Youth to Youth will host a [Prevention Ethics training](#) on Nov. 6 at its 1420 Fields Ave., location in Columbus. Both three- and six-hour sessions will be available, along with CEUs from the Ohio Chemical Dependency Professionals Board. Click the link for more information and to register.

### Tri-Ethnic Community Readiness Model (TE-CRM) Training — Nov. 13

Prevention Action Alliance will host a [Tri-Ethnic Community Readiness \(TE-CRM\) Model training](#) Nov. 13 at Sinclair Community College. TE-CRM is a useful tool for coalitions and groups addressing multiple issues, including problem gambling, mental health and the opiate epidemic. This training also will demonstrate how an understanding of community readiness can further the work of local communities, coalitions and groups. Cost is \$50, with lunch and continuing education provided. Communities that utilize the TE-CRM will be given the opportunity to take a more in-depth look at the tool in spring 2018

### Issues and Resources for Justice-Involved Veterans — Nov. 15

The National Alliance on Mental Illness of Ohio, in partnership with the Hocking College Institute for Social and Economic Advancement and the Ohio Attorney General's Task Force on Criminal Justice and Mental Illness, will host [Issues and Resources for Justice-Involved Veterans](#) on Nov. 15 at The Lodge at Hocking College. This free training for judges, lawyers, probation officers, treatment providers and social workers will provide in-depth understanding of the specific issues facing and resources available for veterans and military service members in the justice system. For more information, contact Carrie Arnold at [casadyc@hocking.edu](mailto:casadyc@hocking.edu) or call 740.753.7018.

### Central Region Maternal Depression Training — Nov. 28

The OhioMHAS Bureau of Children and Families will host the first of four free regional *Addressing Maternal Mental Health: Best Practices in Screening, Identification and Referral* trainings from 9 a.m.-1:15 p.m. on Nov. 28 at the Bureau of Workers Compensation Division of Safety and Hygiene, 13430 Yarmouth Drive, Pickerington. Additional trainings will be held in the southeast, southwest and northwest regions of the state. CEUs have been applied for. For more information, contact [Lynette.Cashaw-Davis@mha.ohio.gov](mailto:Lynette.Cashaw-Davis@mha.ohio.gov).

### Ohio Youth-Led Prevention Network Adult Leader Summit — Dec. 1

Prevention Action Alliance, in collaboration with OhioMHAS and Ohio University's Voinovich School of Leadership and Public Affairs, will host the fourth annual [Ohio Youth-Led Prevention Network Adult Leader Summit](#) "Engaging Youth in Equitable and Science-Based Prevention" Dec. 1 at the Columbus State Conference Center — Center for Workforce Development. The Summit will examine the key role adult leaders play in supporting youth-led prevention and discuss new developments. Topics will include: project-based learning promoting equity in youth-led programming and applying science-based prevention strategies in youth-led programming. Cost is \$50. Click the link for more information.

### Ethics for the Prevention Professional — Dec. 8

Prevention Action Alliance will host an "Ethics for the Prevention Professional" training on Dec. 8. This training is designed to help participants make ethical choices in their work every day. This training will cover the six principles in the Prevention Code of Ethics, illustrated by realistic examples designed to enhance participant understanding of each principle. Cost is \$45-\$50. Register [HERE](#).

### Engaging Youth in Community Coalitions — Dec. 8

A coalition must involve many different sectors to fully engage a community — this includes youth. But sometimes engaging youth can be a challenge, whether it's due to a time commitment or feeling a lack of purpose. This three-hour workshop presented by Prevention Action Alliance will cover youth buy-in, barriers for involvement and how to overcome them through hands on activities and group discussions. Register [HERE](#).

## Training Opportunities, cont.

### Stage 1: Foundations in Disordered Gambling — Dec. 14-15

Recovery Resources is sponsoring a [\*Stage 1: Foundations in Disordered Gambling training\*](#) Dec. 14-15 at the Pritchard Laughlin Civic Center in Cambridge. This training will increase knowledge and understanding of the disease of gambling addiction and will prepare the practicing clinician to work with problem and disordered gamblers and their families. Specific topics include: warning signs, co-morbidity, screening/assessment, and cultural components of gambling. This training will provide 12 CEUs for social workers, counselors, and gambling counselors as well as 12 RCHs for chemical dependency and prevention professionals. Cost is \$50, which includes breakfast and lunch.

### 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](http://www.OPECconference.com) or on Twitter @OPECconference.

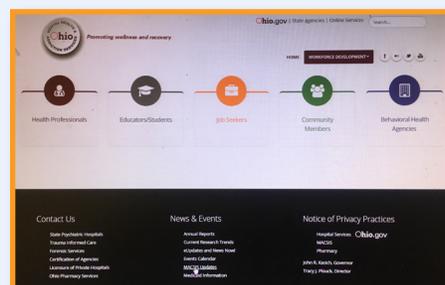
### Call for Presenters for the 2018 National Conference on Problem Gambling in Cleveland

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 & Regulation, Prevention, Recovery & Community, and Military/Veterans Gambling & 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.

### New OhioMHAS Web Resource Features Workforce Development Efforts, Career Resources Under Single Tab

OhioMHAS is pleased to announce the launch of a new web resource that brings all things related to workforce development under a single "Workforce" tab on the Department's website. [workforce.mha.ohio.gov](http://workforce.mha.ohio.gov) features a variety of training materials, career resources and other information for health professionals, educators/students, job seekers, community members and behavioral health agencies.



**Have a news story or training opportunity you'd like to share with colleagues?**  
Please forward submissions to [Eric.Wandersleben@mha.ohio.gov](mailto:Eric.Wandersleben@mha.ohio.gov) for consideration.