

Ohio Celebrates Minority Health Month

Ohio has long been revered as a birthplace of innovation and forward-thinking. From inventors and astronauts, to presidents and policies, Ohio has a rich history as a national leader and trend-setter. Policymakers and health professionals embraced that pioneering spirit this April as Ohio observed Minority Health Month. Not only was Ohio the first state in the nation to establish a freestanding state agency to address health disparities among minorities ([Ohio Commission on Minority Health](#), 1987), but it was also first in the nation to observe [Minority Health Month](#).

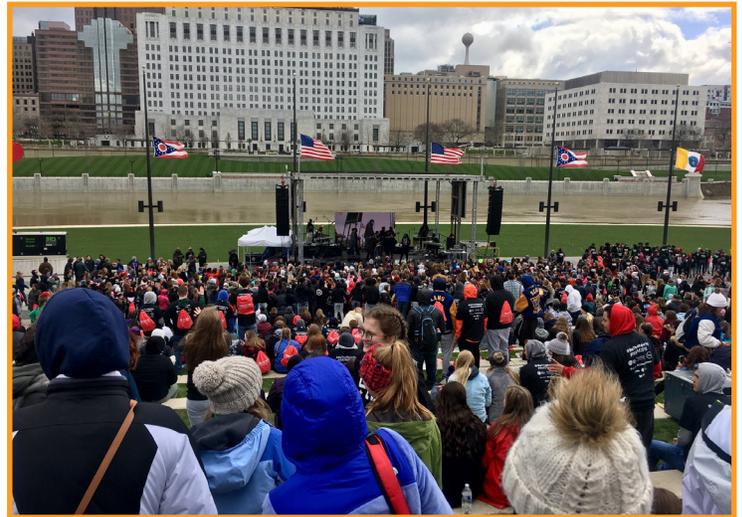


Established in 2000, this annual observation was established to:

- Disseminate information on disease prevention;
- Promote healthy lifestyles;
- Highlight the disparate health conditions among Ohio's minority and non-minority populations; and
- Advocate for ongoing efforts to improve minority health year-round.

Throughout April, more than 90 [events](#) throughout the state focused on the promotion of healthy lifestyles, screening activities and the provision of educational information to empower Ohioans to practice health promotion and prevention. The 2018 theme was "Partnering for Health Equity." The Commission kicked things off with its annual state Minority Health Month Expo, which featured keynote remarks from [Quinn Capers](#), IV, M.D., F.A.C.C. of The Ohio State University and more than 50 vendors.

To continue its efforts to achieve [health equity](#), the Commission has initiated a [Medical Expert Panel](#) (MEP) on Health Equity. MEP's efforts are designed to influence state policy by providing data-driven solutions and action-oriented recommendations to improve health outcomes and equity for racial and ethnic populations in Ohio. The culmination of this work is a white paper that provides insights of practitioners and policymakers who are on the front lines of addressing health equity in Ohio.



Despite Cool Temps, Drizzle Record Crowd Energizes 7th Annual Drug-Free Youth Rally

The seventh annual "We are the Majority" rally, celebrating Ohio's drug-free youth, was the largest one yet, bringing about 2,100 young people from throughout Ohio to downtown Columbus on April 19.

"The Rally brings together youth from all across Ohio and from all walks of life to celebrate the fact that the vast majority of youth in Ohio don't smoke, drink, or use drugs," said Harim C. Ellis, Director of Youth-Led Programs and the Ohio Youth-Led Prevention Network (OYLPN) at Prevention Action Alliance (PAA), which organizes the annual rally. "This year's rally was the biggest ever, and the youths' message was clear — they're doing their part to prevent drug use and promote mental health wellness, and they need support from us adults to continue doing that."

In addition to remarks from First Lady of Ohio Karen Kasich and other speakers and entertainment, the Rally also featured the Ohio's Youth Got Talent talent show. Winners received scholarships and performed live at the rally. View [more photos](#).

May is National Mental Health Awareness Month

Each year, millions of Americans — approximately one in five adults — face the reality of living with a mental illness. During May, the Ohio Department of Mental Health and Addiction Services is proud to stand with the National Alliance on Mental Illness (NAMI), Mental Health America (MHA) and others in raising awareness, fighting stigma, providing support, educating the public and advocating for policies that support people with mental illness and their families. Download a variety of free resources from [NAMI](#) and [MHA](#) to observe Mental Health Month in your community. Also, check out these infographics from NAMI: [Children and teens](#), [mental health facts](#) and [multicultural mental health facts](#).





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

- 4.5 Attended bill signing ceremony for House Bill 1.
- 4.11 Met with representatives from The University of Toledo Medical School. Met later with officials in Hardin County to discuss areas of collaboration around the opioid epidemic.
- 4.13 Spoke at The Ohio State University's second annual Buckeye Summit at COSI Columbus.
- 4.19 Provided remarks at the annual "We Are the Majority" youth rally at the Ohio Statehouse.
- 4.20 Spoke at a banquet honoring volunteers at Twin Valley Behavioral Healthcare.
- 4.23 Attended the Gov. Kasich's signing of Executive Order [2018-03K](#), which helps to close gaps in gun purchase background checks. What people are *saying*.
- 4.24 Provided opening remarks at the 2nd Annual ECMH Conference in Columbus.
- 4.25-27 Attended executive committee meeting of the Council of State Governments Justice Center in Washington, D.C.

Montgomery ADAMHS Unveils New Smartphone Treatment Locator App

The Montgomery County Alcohol, Drug Addiction & Mental Health Services (ADAMHS) Board launched a new smartphone app to help people connect to a network of brain health service providers in the palm of their hand. The *GetHelpNow Montgomery County* app is available for download from the Apple App Store or Google Play for Android.

The app, developed by Ascend Innovations, gives users directions from their current location, direct call ability, the types of services offered by each provider, and the insurance and payments they accept. Plus, users can find supportive services such as naloxone training, hotline phone numbers and housing services.

"This app will change how we help people immediately find the right type of services they need," said ADAMHS Executive Director Helen Jones-Kelley. She added the app will help eliminate "much of the guesswork and numerous phone calls."

New OSAM-Gram Highlights Increase in Illicit Drugs Cut With Fentanyl

The Ohio Substance Abuse Monitoring (OSAM) Network has issued a new *OSAM-o-Gram* highlighting the dramatic increase in drugs, such as cocaine, methamphetamine and heroin, cut with fentanyl.

Since OSAM's reporting of June 2015 drug trends, participants throughout OSAM regions have reported fentanyl as a top cutting agent (adulterant) for heroin. OSAM's first report of fentanyl as a cut for a non-opioid was in January 2017.

Calling All Artists! OCAAR Hosting Rally for Recovery T-Shirt Design Contest

Want to see your design featured on thousands of Recovery Month T-shirts? Ohio Citizen Advocates for Addiction Recovery is sponsoring a design contest for T-shirts to be worn by attendees of the 2018 Rally for Recovery on Sept. 29 at Huntington Park in Columbus. Entries must incorporate the following elements: the words "2018 Rally for Recovery" and be related to the rally and celebrating recovery.

Submit your design to sthompson@oca-ohio.org by May 10.



“Five Signs of Emotional Suffering” in Nepali: A Culturally and Linguistically Appropriate Toolkit Launched to Observe Minority Health Month

By: Surendra Bir Adhikari, Ph.D., OhioMHAS, Principal Investigator, Disparities & Equity



Dr. Adhikari

In the behavioral health field, it is always a challenge to address unmet needs — especially in diverse settings, including: race/ethnicities, special populations and groups, new refugees and immigrants. Especially among refugees and new

immigrants, there is tremendous pressure to seek innovative ways to address the disparate burden of anxiety, stress, depression and trauma in a culturally-competent manner.

A 2015 OhioMHAS *epidemiological study* of behavioral health pointed to high levels of anxiety, depression, trauma, and suicidal ideation among Bhutanese refugees resettled in Ohio.

As key policy implications for OhioMHAS, three major translational efforts were pursued. First, in partnership with the Franklin County Alcohol, Drug Addiction and Mental Health Services Board, 40 members of the Bhutanese Nepali community were trained in adult Mental Health First Aid Training, with a brief cultural competence module where a Nepali language video on how to screen for depression was

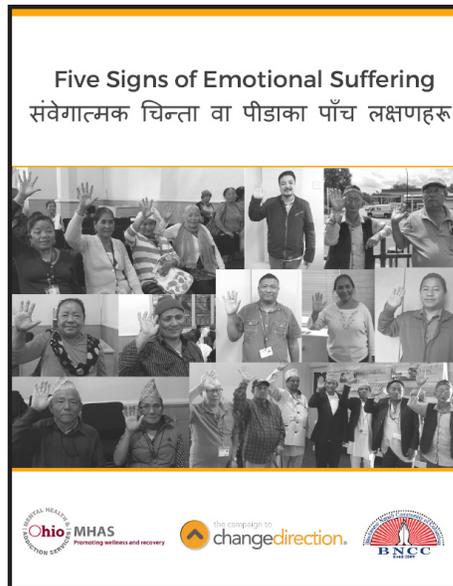
shown. Second, as principal investigator for disparities & equity, OhioMHAS researcher Surendra Bir Adhikari, Ph.D., led

three educated professionals of the Bhutanese Nepali community to a Substance Abuse and Mental Health Services Administration (SAMHSA) National Network on Eliminating Disparities training on Strengthening Intergenerational/ Inter-cultural Ties in Immigrant Families (SITIF). Third, and most recent, is the launch of the culturally and linguistically competent toolkit in Nepali on *Five Signs of Emotional Suffering*.

Though not a diagnostic tool, the toolkit is designed to enable members of the Bhutanese Nepali community to be aware of any potential signs of depression, suicidal ideation, and trauma; and be able to source preventive efforts

and enhance help-seeking. SAMHSA, who supported the translation launched the toolkit nationally on April 16 as part of Minority Health Month.

Explore *more Nepali outreach tools*, like graphics for social media posts and posters. Click [HERE](#) to learn more about the Bhutanese Nepali Community of Columbus. See related *media coverage* of the toolkit launch.



Teen's Efforts to Help Babies Affected by Opioid Addiction Featured in People Magazine

Sixteen year-old Sidney Depp is an ordinary teen, doing extraordinary things. By day, she is a sophomore cheerleader at Springboro High School near Dayton. In her spare time, Sidney runs *The Love Project* — a non-profit that has decorated and donated more than 2,000 baby blankets to hospitals throughout Ohio to swaddle and comfort babies affected by neonatal abstinence syndrome.

Sidney's story of how she is using compassion to help fight the opioid epidemic in her community is featured in the April issue of *People Magazine*. She told the magazine she was 14 when she learned that a child is born addicted to opioids every 19 minutes in America. After meeting a family friend, who provided foster care for a baby who had been born addicted to heroin, Sidney said, "I had no idea that it was

such a big problem ... I wanted to do something to help."

After some research, Sidney discovered that wrapping infants in receiving blankets was one of the best ways to providing comfort while the infant was going through withdrawal from opioids, the teen sprung into action.

"When most people think of a drug addict, they think of somebody on the side of the road in a big city," Sidney told *People*. "The reality is heroin addiction is a problem in small towns as well. I want to raise awareness for these forgotten victims, and also remind the babies' mothers that they are loved."

Sidney has started a [GoFundMe page](#) to expand her work even further.



Sidney shows off the baby blankets she makes.



"For me, it wasn't what they said...
Good friends were just there
to listen." - Christa Brickey, discussing the aftermath
of her brother Nathan's death by suicide

Pictured: Christa Brickey, and Jenny Seymour (mother)

ADAMH

Franklin County LOSS: Dealing with the After Effects of Suicide

Christa Brickey knew from a young age that her older brother Nathan was struggling.

Nathan suffered from medical issues that caused him to endure surgeries, feel constantly uncomfortable, miss school and get held back a grade. Christa and Nathan had been close. She even considered him to be her best friend. Things started to change, though, when Christa was old enough to go to school and Nathan, only 7 years old, was officially diagnosed with depression.

"He didn't feel like he belonged here," Christa said of her brother who was three years older. "Anyone who looked at him could tell that he wasn't happy."

Christa's parents came home one day to find that Nathan had died by suicide.

"I was angry, but I could also sympathize," she explained. Christa was shocked, but thought back on Nathan's life that had been full of depression and difficult situations. She didn't struggle with the question of why, as so many survivors of suicide do. Even though she had grown up in the same loving family as Nathan, she could see that his situation and outlook on life were vastly different than her own.

Read more of Christa's story to learn how she became connected with Franklin County LOSS and began providing support and comfort to others experiencing loss due to suicide.

Story submitted by Leah Hooks, ADAMH Board of Franklin County, Digital Communications Specialist.

Health Policy Institute of Ohio Releases Addiction Policy Inventory, Scorecard

The Health Policy Institute of Ohio (HPIO), a bi-partisan group that provides state legislators and their staff with independent, nonpartisan information to assist in the creation of sound health policy, has released a new report that looks at policies surrounding the opiate and addiction subject. HPIO said in a release that the **Ohio addiction policy inventory and scorecard** is "the first in a series of inventories and scorecards analyzing Ohio's policy response to the addiction crisis. The report specifically looks at prevention, treatment and recovery policies, and includes a recap of policy changes, a scorecard indicating the extent to which Ohio is implementing evidence-based strategies and opportunities for improvement.



New Public-Facing Dashboard Showcases Ohio Crisis Text Line Data



You are not alone.

OhioMHAS and Crisis Text Line, Inc., have released a new, public-facing dashboard featuring the data from Ohio's 4HOPE keyword. Users may access the dashboard to view the total number of conversations, total number of texters, volume by day of the week, volume by time of day, issues such as depression and anxiety, geography, demographics and more. Users also have the ability to filter the data by date.

Please email requests for specialized reports to Holly.Jones@mha.ohio.gov or Laura.Payne@mha.ohio.gov.

Naloxone Rebate Extended, More Than \$730,000 Saved in Ohio

Ohio Attorney General Mike DeWine announced this month that a rebate agreement that has saved Ohio agencies more than \$730,000 on the cost of naloxone has been extended for another year. The renewed agreement with Amphastar Pharmaceuticals, Inc., will continue to allow non-federal public entities in Ohio to receive a \$6 rebate for each Amphastar naloxone syringe purchased until March 31, 2019. Non-federal, Ohio government agencies are eligible to receive rebate payments. This includes, but is not limited to, state agencies, law enforcement agencies, fire departments, emergency medical services, county health departments, Project DAWN community programs, and county or local government agencies.

So far, the rebate has saved 127 agencies a total of \$732,384 for naloxone purchases made between March 2015 and December 2017. A **full list of agencies** that have received naloxone rebates can be found on the Ohio Attorney General's website. Click **HERE** for more information.



Second Annual ECMH Conference Focuses on Transformation, Bold Beginnings

Around 400 professionals converged in Columbus April 23-25 for the Second Annual Early Childhood Mental Health Conference. This year's theme, "Intentional Transformation Early Childhood Success: Master Plan for Change," was selected to align the work that has been done by the early childhood systems partners to leverage understanding of roles and capacity to further increase the social emotional development, kindergarten and school readiness of Ohio's youngest children. The conference featured opening remarks from OhioMHAS Director Tracy Plouck and ECMH Lead Valerie Alloy, Ph.D., as well as dozens of workshops and dynamic plenary presentations from Walter Gilliam, Ph.D., Yale University; Neil Horen, Ph.D., Georgetown University; Kathleen Mitchell, vice president of the National Organization on Fetal Alcohol Syndrome (NoFAS) and Angel Rhodes, Ph.D., Early Childhood Officer, Office of the Governor. Pictured (l-r) Dr. Rhodes; Charles Fox III, M.A., Assistant Professor of Mass Communications; Dr. Horen and Dr. Alloy, Ph.D. Click [HERE](#) to learn more about Ohio's early childhood mental health initiatives, and be sure to visit Ohio's new [BOLD Beginning website](#), for a compilation of all early childhood resources. Click [HERE](#) to see more photos from the conference.



"FIRST Signs" Program Changing Lives

Matt was 21 when diagnosed with schizophrenia; his identical twin brother Jacob was diagnosed with the same disease six months later. Three years since initially connecting with [Greater Cincinnati Behavioral Health Service's](#) (GCB) FIRST Early Identification and Treatment of Psychosis Program, Matt and Jacob are now stable on medication, receiving care management and celebrating the good days and small steps. The FIRST Program is the only program of its kind in the Greater Cincinnati area that provides coordinated specialty care for individuals who have experienced psychosis for the first time.

Currently, [the program](#) has approximately 55 clients in Hamilton, Butler and Clermont counties, ranging in age from 15-40. Launched in October of 2015 as a result of a federal grant, the program follows the evidence-based curriculum of the Best Practices in Schizophrenia Treatment (BeST) Center at Northeast Ohio Medical University.

The model focuses on resiliency training as well as Cognitive Behavioral Therapy for Psychosis (CBT-p). Central to this therapy modality is helping clients understand the factors that influence their reactions to situations and then assisting them with changing how they think about a situation. The client's team includes a psychiatrist, case manager, therapist, supportive employment/education specialist, as well as family support and education.

William Bomkamp is a FIRST case manager, and often meets with new clients and their families in their homes. "Mental

illness doesn't discriminate," he said, noting that his clients

come from 'all corners of the city,' representing the full range of income and education levels. "Meeting with families for the first time can be intense," he said. "They are usually just starting this journey; their lives have been hi-jacked."

Qualifying Diagnosis

Clients are given a diagnosis at intake by a licensed professional, and then go through a six-month assessment period to determine the appropriateness of their diagnosis. They are seen by a psychiatrist within 14 days of the initial referral. To be admitted into the program, the individual must have a qualifying diagnosis, meaning one of the five symptoms on the [schizophrenia](#) spectrum diagnoses.

If it is determined they do not meet criteria, they are transitioned to another team that can better meet their needs. The focus is always 'a trajectory of wellness' — getting the client as close to 100 percent of original functioning as possible.

"They just want to move on with their life, to accomplish the goals that we all have: graduate, get a job, have a family," said

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(FIRST, continued from Page 5)

Bomkamp. "There is a lot of unfair stigma with mental illness, and clients are aware of that. Being given a diagnosis can be hard to accept at first, which is why building a trusting relationship with the client is really the first step in their treatment."

Why is early intervention so important?

"The sooner a client can get connected to treatment, the better their future outcomes in achieving their desired goals and returning to their previous level of functioning," said Wanstrath. "Each time an individual suffers a psychotic episode more damage is done to the brain, which impacts that person's cognitive and social functioning. The longer an individual goes without treatment the greater the impact it has on them; they lose their personality. If the duration of untreated psychosis is too long, chance of recovery is low, vs. someone who is caught early."

Clients are usually referred from hospitals (although self-referrals are successful in finding the program via an online search) and are seen within 72 hours. Intakes are typically completed in the office and sometimes at the hospital. The grant completely covers the cost of the treatment, whether the patient has insurance or not.

One of the most common issues amongst new clients is denial. "The term is 'anosognosia,' said Sunnie Lumpkin, team supervisor. "It means 'lack of insight' and is a symptom of severe mental illness that impairs a person's ability to understand and perceive their illness. It is the single largest reason why people refuse medications or do not seek treatment. That's why building trust in their teams is so important."

Clients are provided Individual Resiliency Training (IRT) in therapy, which involves coping skills, managing stress, lifestyle choices, building insight as well as education on relapse symptoms to watch out for. The role of the case managers is to practice with them in the community the skills that they're learning, so that eventually they will gain the confidence to navigate situations on their own.

Family Support and Education Play Critical Role

Family support and education play a critical role in creating a supportive environment for recovery. "Conversation and transparency between all parties helps to normalize the experience," explained Dean. "When the families and the clients understand how to identify and label symptomatic behavior, it's empowering. They learn that a re-appearance doesn't necessarily mean a trip to the hospital."

Clients who graduate from the program are successful in getting stable on their medication, have good insight into their illness and are back on track towards achieving goals. "Hope is the foundation of the program," said Dean. "Early intervention provides an opportunity for healing and recovery. It's a joy for me to play a part in creating that story."

Becca, 21, has been a FIRST client for more than a year. She has successfully progressed through the program. In the week

leading up to hospitalization she was out of town and experienced a traumatic hurricane. Once back home her symptoms surfaced talking at an excessively rapid pace, and experiencing insomnia for the first time.

She was hospitalized, connected to the GCB FIRST program, and re-hospitalized before becoming stable. "I went from extreme paranoia, thinking I was being poisoned and being in a catatonic state for most of the time, to getting stabilized and having the emo-

tion of happiness again."

Becca is back at home now and considering options for continuing her education. "The FIRST team helped me understand my psychosis and taught me the skills so that if something reoccurs I have the tools in place to manage," she said. "The program is a hand print on my heart; it changed my life."

"Do not be owned by the diagnosis"

The twin boys' parents, Michael and Becky, have been with them every step of the way, not only supporting and advocating for them, but taking every opportunity to educate themselves on every facet of this illness. "In retrospect, we can see that all parts of this system are essential," Michael said. "And that it is vital to respect your loved one's reality, even when it differs greatly from your own."

"To facilitate ongoing conversation about mental illness, it needs to be brought into the light and become less stigmatized," Becky said. "We need to talk about mental illness as an illness that can be managed, and work to portray mentally ill people in a positive light as people who are able to contribute to society and live fulfilling lives."

For families who are just starting down this path," explained Michael, "I would only recommend that they surround themselves with ridiculously talented and caring people. As for schizophrenia — look for the good and the bad, the mysterious as well as the heartbreaking. Reject the temptation to feel sorry for yourself and your loved one and do not be owned by the diagnosis. ***Above all else, know that you are not alone.***"



(l-r) Michael, Jacob, Matt and Becky K.

News & Research Roundup

Surgeon General Calls on More Americans to Carry Naloxone

U.S. Surgeon General Jerome Adams released a [public health advisory](#) on April 5 urging more Americans to carry the opioid overdose antidote naloxone. Naloxone is already carried by many first responders, such as EMTs and police officers. The Surgeon General is recommending that more people, including people at risk for an opioid overdose, as well as their family and friends, also keep naloxone nearby. Learn more about Ohio's naloxone efforts [HERE](#).



Survey: More Than Half of Americans Now View Addiction as a Disease

Fifty-three percent of Americans view addiction as a disease, according to a [new survey](#) from The Associated Press-NORC Center for Public Affairs Research. The same survey found more than 10 percent of Americans said they have had a close friend or relative die from opioid overdose. Forty-three percent of those surveyed said the use of prescription painkillers is a serious problem in their community, up from 33 percent two years ago. About 37 percent said heroin was a serious concern locally, up from 32 percent in 2016. The survey also found a majority of Americans don't think their local community is doing enough to address the problem, while two-thirds said decision-makers should make treatment programs more affordable and accessible.

Substance Use, Suicides and Diabetes Reduce Life Expectancy in Nearly Half of U.S.

Substance use disorders, suicides and diabetes are driving a rise in premature deaths in almost half of the United States, according to a new study published in the [Journal of the American Medical Association](#). The study, which analyzed variations in death rates among people ages 20 to 55, found the risk of dying at an early age declined in Minnesota, California and New York between 1990 and 2016, while it rose in 21 states, including West Virginia and New Mexico. In West Virginia, one of the states hardest hit by the opioid epidemic, mental and substance use disorders were the biggest driver of an increase in the probability of death among young and middle-aged adults. In Oklahoma, those factors, along with cirrhosis, were major contributors to an increase in the risk of death among this age group.

Partnership for Drug-Free Kids Releases Opioid Use eBook for Families

The Partnership for Drug-Free Kids has developed a [new eBook](#) — *Heroin Fentanyl & Other Opioids: A Comprehensive Resource for Families with a Teen or Young Adult Struggling with Opioid Use*. This resource helps to prepare parents and families with the knowledge and skills to identify opioids, detect early warning signs of use and take effective action.

Video Series: Minimizing the Risks of IV Drug Use

The Partnership for Drug-Free Kids has released a series of four videos (approx. three minutes each) that help explain the relationship between opioid addiction and intravenous (IV) drug use. One of the outcomes of the current opioid epidemic is an increased rate of IV drug use – a practice that layers risk upon risk. Unfortunately, simply knowing the risks isn't an effective deterrent, nor a bridge to addiction treatment. These videos help parents and others get their son or daughter the support and treatment they need.

Video One: [How Opioid Addiction Can Lead to IV Use](#)

Video Two: [How IV Drug Use Creates Additional Risk](#)

Video Three: [How to Spot the Signs of IV Use](#)

Video Four: [How to Help a Loved One](#)



Partnership Unveils "Help & Hope by Text" Resource for Parents

The Partnership for Drug-Free Kids has launched [Help & Hope by Text](#) a customizable, mobile messaging initiative that provides personalized, ongoing support and relevant resources to parents through a combination of tailored mobile messaging and one-on-one chat support services. Parents can text "JOIN" to 55753 to subscribe.

SAMHSA Accepting Applications for up to \$23.7M in Grants to Treat Serious Mental Illness

The Substance Abuse and Mental Health Services Administration (SAMHSA) is [accepting applications](#) for its Assertive Community Treatment grants. The grants will be used to improve behavioral health outcomes by reducing the rates of hospitalization and death for people with a serious mental illness (SMI). The program will also reduce the rates of substance use, homelessness and involvement with the criminal justice system among people with SMI. Eligible applicants include: states, political subdivisions of states, mental health systems, health care facilities and entities that serve individuals with serious mental illness who experience homelessness or are justice-involved. Applications are due **May 29, 2018**.

News & Research Roundup, cont.

SAMHSA Launches Evidence-Based Practices Resources Center

SAMHSA has announced the launch of the [Evidence-Based Practices Resource Center](#), which aims to provide communities, clinicians, policymakers, and others in the field with the information and tools they need to incorporate evidence-based practices into their communities or clinical settings. The Resource Center contains a collection of science-based resources for a broad range of audiences, including Treatment Improvement Protocols, toolkits, resource guides, and clinical practice guidelines. Recognizing the enormity of the opioid epidemic, the Resource Center includes an opioid-specific resources section.

Pathways to Safer Opioid Use Training

The U.S. Department of Health and Human Services Office of Disease Prevention and Health Promotion has developed [Pathways to Safer Opioid Use](#) — a training to help the health care community address prescription opioid-related deaths. This online, interactive training is based on the opioid-related recommendations in the [National Action Plan for Adverse Drug Event Prevention](#). It teaches strategies for the safer use of opioids to manage chronic pain — and is designed to help health care providers and students prevent opioid-related adverse drug events (ADEs).



Study: Just One Drink a Day Could Reduce Life Expectancy

New [research](#) finds that drinking more than 100 grams of alcohol per week — equal to roughly seven standard drinks in the U.S. — increases risk of death and lowers life expectancy. A team of international researchers studied the drinking habits of almost 600,000 current drinkers included in 83 studies across 19 countries. Compared to drinking under 100 grams of alcohol per week, drinking 100-200 grams was estimated to shorten the life span of a 40-year-old by six months. Drinking 200 to 350 grams per week was estimated to reduce life span by one to two years and drinking more than 350 grams per week by four to five years. The team also explored links alcohol consumption and the risk of different types of cardiovascular disease. People who drank more had a higher risk of stroke, heart failure, fatal hypertensive disease and fatal aortic aneurysm, but a lower risk of heart attack, or myocardial infarction.

Heavy Drinking in Adolescence Changes Developing Brain

Initiating heavy drinking of alcohol during adolescence appears to alter normal brain development, according to a [new study](#) published in the April issue of the *American Journal of Psychiatry*. To examine the effects of alcohol consumption on neurodevelopment, Adolf Pfefferbaum, M.D., of SRI International and colleagues compared structural MRI data from 483 youth aged 12 to 21 before the initiation of drinking and at follow-up one and two years later. Youth were also asked about their alcohol and marijuana use at each follow-up. The authors found that while no/low drinkers experienced reductions in gray matter and increases in white matter over time, volumes of frontal, cingulate and total gray matter declined more rapidly and central white matter expanded more slowly in the heavy drinkers than in the no/low drinking group.

Teens Who Vape, Use E-Cigarettes More Likely to Try Marijuana

Teens who use e-cigarettes may be more likely to try marijuana in the future, especially if they start vaping at a younger age, according to [new study](#) of more than 10,000 teens *HealthDay* reported. The survey found that more than 1 in 4 teenagers who reported using e-cigarettes eventually progressed to smoking marijuana, compared with just 8 percent for their non-vaping counterparts. It also found that 12- to 14-year-olds who had tried e-cigarettes were 2.5 times more likely to become heavy marijuana users, smoking marijuana at least once a week. Further, the survey showed that teens who started vaping early had a greater risk of subsequent marijuana use.



Cutting Edge Advancements Help Mute Voices in Schizophrenia

Medscape recently [reported](#) on two cutting-edge techniques that may benefit patients with schizophrenia who have auditory verbal hallucinations (AVH) that have not responded to treatment. In one study including some 50 patients with schizophrenia and AVH, patients who underwent avatar therapy not only experienced significant improvements in AVHs but also in levels of anxiety and schizophrenia symptoms and in quality of life. A second study involving 30 patients found that active transcranial direct-current stimulation helped patients experience significant improvements in scores on a measure that assesses auditory hallucinations. The studies were presented at the Schizophrenia International Research Society 2018 Biennial Meeting.



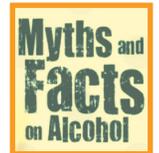
News & Research Roundup, cont.

SPRC Releases Second Edition of *After a Suicide: A Toolkit for Schools*

The Suicide Prevention Resource Center announced the release of the second edition of *After a Suicide: A Toolkit for Schools*. Developed in collaboration with the *American Foundation for Suicide Prevention* (AFSP) and in consultation with other national experts, this toolkit assists schools in implementing a coordinated response to the suicide death of a student. It includes new information and tools that middle and high schools can use to help the school community cope and reduce suicide risk. The toolkit was developed primarily for school administrators and staff but can also be useful for parents and communities.

Updated Underage Drinking: Myths Versus Facts Fact Sheet

To help increase awareness about alcohol as the most widely misused substance among youth, SAMHSA has released an updated *Underage Drinking: Myths Versus Facts* underage drinking fact sheet. This resource compares common myths about alcohol use with the facts about the prevalence of alcohol use.



Crisis Now Website Launch

The National Association of State Mental Health Program Directors (*NASMHPD*) has launched the *Crisis Now* website to help communities optimize their mental health crisis services. The website was developed by the National Action Alliance for Suicide Prevention (*Action Alliance*) *Crisis Services Task Force*.

Training Opportunities

CWRU Center for Evidence-Based Practices Trainings

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

June 5 — [Foundations of Motivational Interviewing, Part 2 \(Akron\)](#)

June 6 — [Alcohol and Other Drug Treatment Considerations for Individuals with SPMI \(Fairfield\)](#)

June 28-29 — [Dual Diagnosis Capability in Addiction Treatment: Program Leaders Training \(Columbus\)](#)

2018 Assessing and Managing Suicide Risk Trainings

The Ohio Suicide Prevention Foundation has released its schedule of 2018 *Assessing and Managing Suicide Risk* (ASMR) regional trainings. These trainings are designed to help Ohio behavioral health professionals learn to recognize, assess and support patients with suicidal thoughts or behaviors. Dates include: [May 11](#) (New Albany), [May 23](#) (Cleveland), [June 4](#) (Archbold), [Aug. 7](#) (Marietta), [Sept. 14](#) (Dayton) and Northeast Ohio TBD. Click [HERE](#) for more information or email austin.lucas@ohiospf.org.

2018 Collaborative Assessment and Management of Suicidality Trainings

The Ohio Suicide Prevention Foundation has released its schedule of 2018 *Collaborative Assessment and Management of Suicidality Trainings* (CAMS). These trainings will provide counselors, psychologists and social workers with knowledge, skills and practice in the treatment of patients' suicidal risk. Dates include: [June 1](#) (Chillicothe), [Aug. 24](#) (Lancaster) and [Sept. 28](#) (Youngstown). Click [HERE](#) for more information or email austin.lucas@ohiospf.org.

Fifth Annual Trauma-Informed Care Summit — May 22-23

OhioMHAS, in partnership with the Ohio Department of Developmental Disabilities, will host the Fifth Annual Trauma-Informed Care Summit "Creating Environments of Resiliency and Hope in Ohio" May 22-23 at the Residence Inn by Marriott Columbus University Area. Click [HERE](#) to register.

Regional Deaf & Hard of Hearing Executive Leadership Training — May 29-June 1

OhioMHAS' Disparities and Cultural Competency (DACC) Advisory Committee is proud to present the first series of their executive leadership regional trainings. This series, titled "Building Culturally and Linguistically Appropriate and Effective Services for Deaf & Hard-of-Hearing Clients", is designed to provide leaders with effective strategies to develop, enhance and engage the delivery of mental health and addiction services to deaf and hard of hearing (DHOH) clients and/or family members. The trainings will be led by Steve Hamerdinger, Director of Deaf Services at the Alabama Department of Mental Health. Click [HERE](#) for dates, location information and to register.

Training Opportunities, cont.

2018 Ohio Peer Recovery Supporter Conference – June 4-5

The OhioMHAS Bureau of Recovery Supports will host the 2018 Ohio Peer Recovery Supporter Conference: Professionalizing the Workforce June 4-5 in Columbus. Keynote presenters include Melinda Hasbrouck and Melody Riefer. Peer Recovery Supporters interested in attending both days must register for [Day One](#) and [Day Two](#) of the conference. Participants will receive certificates of attendance which can be applied toward requirements for re-certification. Peer Recovery Supporters who will be traveling more than 50 miles one way to the conference may apply for Consumer and Family Partnership Team (CFPT) funds to cover the cost of lodging. CFPT applications can be e-mailed to Megan.Boncela@mha.ohio.gov.

2018 Safe and Healthy Schools Conference — June 4-5

OhioMHAS, in partnership with the Ohio Department of Education and PreventionFIRST!, will host the 2018 Safe and Healthy Schools Conference “Leveraging State and Local Resources for School Improvement, Student Safety and Effective Behavioral Health Services” June 4-5 at the Doubletree Hotel Columbus — Worthington. The conference will highlight state and local partnerships and practices that demonstrate a cross-systems approach and comprehensive strategies for school safety, and to prevent and address behavioral health needs in Ohio schools. The conference will also inform and engage school and community stakeholders in building their local capacity to create safe and supportive environments for students in preschool through grade 12. For more information, contact Eleanor Garrison at 614.273.1400 or eg@garrisonevents.com.

2018 Opiate Conference — June 11-12

The Ohio Association of County Behavioral Health Authorities, in partnership with OhioMHAS and the Ohio Department of Rehabilitation and Correction, will host the 9th Annual Opiate Conference in Columbus June 11-12. [Ohio's 2018 Opiate Conference: Strengthening Ohio's Communities](#) will provide attendees with the latest research on opiates, as well as providing community resources to assist in curbing opiate use in Ohio. Keynote speakers will be announced in the coming weeks. Click the link for more information and to register.

Mental Health America Annual Conference — June 14-16

Mental Health America will host its [2018 Annual Conference: Fit for the Future](#) on June 14-16 in Washington, D.C. Speakers include Olympic Gold Medalist and U.S. Women's Soccer World Cup Champion Abby Wambach, Beachbody Fitness and nutrition expert Autumn Calabrese and Pulitzer Prize-winner Eugene Robinson. Click the link for more information.

19th Annual Summer Program in Population Health — June 18-22

The Center for Public Health Practice at The Ohio State University College of Public Health will host the 2018 Summer Program in Population Health June 18-22 in Columbus. Professionals working in public health, health care, local and state government, community health, health data analytics and academia are encouraged to participate. View a list of [course offerings](#). The registration fee is \$780 per course. Students pay \$200 per course. Click [HERE](#) 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. Follow conference-related news at www.OPECconference.com or on Twitter @OPECconference.

National Conference on Problem Gambling in Ohio — July 18-21

Watch for registration to go live for the [2018 National Conference on Problem Gambling](#), which will be July 18-21 at the Hilton Cleveland Downtown. The conference brings in the best speakers worldwide to feature the latest developments in problem gambling prevention, treatment and recovery and responsible gambling best practices. Ohio professionals and advocates will have an opportunity to receive discounted registration fees and travel stipends. For a \$100 discount on conference registration, plus a scholarship, [join](#) the Problem Gambling Network of Ohio (PGNO).

Training Opportunities, cont.

2018 Addiction Studies Institute — July 25-27

Save the date! The Ohio State University Wexner Medical Center Talbot Hall will host the 2018 Addiction Studies Institute July 25-27 at the Greater Columbus Convention Center. Click [HERE](#) for conference updates and registration information.

National Cocaine, Meth & Stimulant Summit — Nov. 12-14

The Institute for the Advancement of Behavioral Healthcare will host the [National Cocaine, Meth & Stimulant Summit](#) Nov. 12-14 in Fort Lauderdale, Fla. Click the link for conference agenda and registration information.



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.