

Take Charge of Your Pathway to Wellness, Recovery from Addiction

The following OP-ED, urging Ohioans to take advantage of treatment-finder resources available through the [TakeChargeOhio](http://TakeChargeOhio.org) website, was shared with newspapers throughout Ohio in October.

It's no secret that America is ensnared in a national opioid epidemic that is exacting a devastating toll on families and communities. We've all read the tragic headlines, watched the videos or heard radio news reports of deaths resulting from a lethal dose of heroin and/or other opioids.

Lost in the shuffle, it seems, is the one thing that will absolutely bring healing and wellness to our families and communities — hope. Revered South African theologian, human rights activist and Nobel Prize winner Desmond Tutu once said, "Hope is being able to see that there is light despite all of the darkness."

Under Gov. John R. Kasich's leadership, Ohio has put into action one of the nation's most aggressive and comprehensive strategies for fighting addiction and preventing overdose deaths. We are making progress — deaths attributed to prescription painkillers and heroin reached new lows last year — but much work remains. We face new challenges from even more dangerous substances like fentanyl and street drugs like cocaine and methamphetamine that are laced with opioids.

Despite the shroud of "darkness," there is, indeed, hope. Tens of thousands of Ohioans in recovery from a substance use disorder are living proof that treatment works; people recover. Ohio is illuminating the way to wellness through TakeChargeOhio.org — an online resource that promotes medication safety, self-screening tools, warning signs and, most importantly, links on how and where to get help for self or a loved one.

In Ohio, we believe there are multiple pathways to recovery and wellness and people should have access to all of them. We know

that treatment works and that there is no "one-size-fits-all" approach. It is essential that Ohioans are aware of all of the different treatments available so they can work with their provider and select the approach that best addresses their needs and preferences. Various forms of counseling are very helpful, and when combined with appropriate medication treatments the results are even better. Support groups and faith-based approaches are also a very important part of a recovery process for many individuals.

The only way to discover the best pathway forward is to take that first step, to Take Charge of your recovery and pathway to wellness. Every journey of a million miles begins with a single step. I encourage you to shut out the darkness, follow the light and discover the hope can be found through addiction treatment and recovery. With persistence, recovery is not only possible, it is likely.

Visit the "Get Help" section of the TakeChargeOhio.org website for valuable aids, including a searchable database of community treatment resources, that will help guide you or a loved one on the pathway to a healthier, brighter, drug-free future.

Hope is just a click away.

Mark Hurst, M.D., Director

Ohio Department of Mental Health and Addiction Services



Director Mark Hurst, M.D.

Ohio START Program Expands to Help More Families Impacted by Addiction

OhioMHAS was pleased to join with Ohio Attorney General Mike DeWine to announce the expansion of the [Ohio Sobriety, Treatment and Reducing Trauma](http://OhioSobriety.org) (START) Program to 17 new counties.

The expansion, funded by a new \$3 million federal Victims of Crime Act (VOCA) grant from the Attorney General's Office and a federal State Opioid Response grant awarded by the Ohio Department of Mental



Health and Addiction Services, adds to

the original Ohio START Pilot program, bringing the total number of counties served by Ohio START to 34. New Ohio START counties include: Ashtabula, Butler, Carroll, Delaware, Erie, Hardin, Lorain, Mercer, Morrow, Muskingum, Ottawa, Richland, Seneca, Stark, Summit, Trumbull and Washington. The program is administered through the Public Children Services Association of Ohio.

Ohio START brings together children's services, juvenile courts and behavioral health treatment providers to support families struggling with co-occurring child

maltreatment and substance abuse. In addition, family peer mentorship is a critical part of the program. The mentors are individuals who have personal experience with addiction, who have achieved sustained recovery and who have had prior engagement with the child welfare system as a child or a parent. The accountability and support they provide helps create a community collaboration aimed at helping families succeed. Click [HERE](#) to watch a video about Ohio START and [HERE](#) to read the full media release.



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

- 10.1 Provided remarks at 2018 Recovery Conference.
- 10.9 Spoke at the State of Ohio ANalytics Day regarding the kickoff of the Ohio Opioid Use Disorder Criminal Justice Analysis Project. Met with Dave Ervin, director of the West-Central Community-Based Correctional Facility in Marysville.
- 10.10 Participated in a roundtable discussion (hosted by the Ohio Association of County Behavioral Health Authorities) with representatives from the Hazelden/Betty Ford Foundation on initiatives underway in Ohio.
- 10.11 Joined Ohio Department of Higher Education Chancellor John Carey to meet with staff at the Addictions Counseling Program at Hocking College to discuss career and education opportunities and potential partnerships.
- 10.17 Attended Tri-County Mental Health and Recovery Services Board's 50th anniversary annual meeting and dinner.
- 10.19 Provided remarks at the quarterly meeting of the OhioMHAS Planning Council.
- 10.22 Attended the third annual Ohio Stepping Up Summit. Provided remarks at the Ohio Family and Children First Coordinators Association annual meeting.
- 10.23 Provided remarks at The Ohio State University College of Public Health Alumni Breakfast and met with OSU Medical Center Dean Craig Kent to discuss areas of collaboration.
- 10.25 Attended annual OhioMHAS Forensic Conference.
- 10.30 Visited Ashland and Wayne counties Mental Health and Recovery Services Boards and toured area providers.

Staunch Recovery Advocate Retiring After Nearly Four Decades of Service

She's been a leader, an advocate, a tireless champion of prevention, treatment and recovery services for the residents of Columbiana County, and come November, Eloise V. Traina will also be retired.

Traina is retiring after nearly four decades of service as director of the **Family Recovery Center** (FRC) in Lisbon. She began her career with FRC (then known as the Columbiana County Area Agency on Alcoholism) in 1980, developing education programming for schools and several community-based prevention programs before being named executive director. Under Traina's leadership FRC has grown from a small office above a retail store in Salem, and now operates offices in Lisbon, Salem and Steubenville. Today, Family Recovery Center provides substance abuse and mental health treatment services to more than 1,600 clients each year in Columbiana and Jefferson counties.



Eloise V. Traina

Throughout her distinguished career, Traina has been a fierce advocate for people in recovery throughout the State of Ohio, actively participating in advocacy groups such as the Ohio Alliance of Recovery Providers, Ohio Women's Network and Ohio Council of Behavioral Health and Family Service Providers.

She oversaw fundraising and development for Fleming House, a 10-unit apartment complex for women in recovery and their children, and has actively championed Oxford House, a facility that is home to 13 support groups serving more than 300 individuals in recovery each week.

Traina has been honored numerous times for her leadership and advocacy, earning the *CEO Award for Distinguished Leadership* from the Ohio Association of County Behavioral Health Authorities, the *Vision Award* from the Ohio Women's Network, the *Presidential Award* from the Ohio Alliance of Recovery Providers, the *Black Belt Spirit Award* from the Help Network of Northeast Ohio and the *Women of Distinction Award* from the Steubenville YMCA, among many others.

The State of Ohio and OhioMHAS wish to thank Eloise Traina for her many years of dedicated service, and wish her well in retirement.

Click [HERE](#) to read a career highlights tribute to Traina published in the Oct. 29 edition of *The Salem News*.

Dr. Hurst Visits North Central Ohio Boards, Tours Providers

It was all treats and no tricks as OhioMHAS Director Mark Hurst, M.D., spent the day before Halloween visiting with board officials in Ashland and Wayne counties to see firsthand how state investments in mental health and addiction services are paying dividends in North Central Ohio.

Dr. Hurst began his day at the Mental Health and Recovery Services Board of **Ashland County** where he heard from board executives Steve Stone and David Ross, and several staff members from the **Appleseed Community Mental Health Center**.

Appleseed staff spotlighted the following programs:

- School Community Liaison Program, which works with schools to link students and families to services. The program served 2,021 students in fiscal year 2018
- Supported Employment and Individual Placement & Support Program, which helps people with severe symptoms of mental and emotional distress find and maintain employment. The program served 72 people in fiscal year 2018.
- Intensive Home-based Treatment Program seeks to help children and families avoid out-of-home placements and to increase the success of family reunification. Appleseed served 40 families and 51 youth through the program in 2018.

“When communities come together — for anything, but specifically in behavioral health — and identify what the problems are and unite behind solving those, that’s where we make really good progress,” Dr. Hurst said, praising the board and Appleseed for their successful collaboration. “In this community, we see good science being applied in a way that is endorsed by the community and supported by the community. You’re making headway in a lot of ways. I’m very impressed.”

Dr. Hurst then toured a recovery house partially paid for with state capital funds and managed by the Ashland County Council on Alcoholism and Drug Abuse (**ACCADA**). He also learned about ACCADA’s residential detox and medication-assisted treatment programs and services for jail offenders. ACCADA served 323 jail inmates in 2018 and helped nearly 500 individuals transition back into the community through the county’s Community Linkage program.

In the afternoon, Dr. Hurst met up with leadership from the Mental Health and Recovery Board of **Wayne and Holmes Counties** for a tour of projects supported by more than \$2 million in capital investments from the state.

Wayne-Holmes Board Director Judy Wortham Wood led a tour that that included visits to **NAMI Wayne/Holmes Counties** and MOCA House, a peer-run organization; **Anazao Community Partners**; the **Village Network’s** recently completed youth crisis stabilization center and the **Counseling Center’s** 15-unit Orchard Apartments permanent supportive housing project for transitional-aged youth. The visit was capped off by a tour of **One Eighty’s** women’s residential treatment and recovery housing projects where Dr. Hurst also heard several personal recovery stories.

“We felt privileged to share the results of our outstanding partnership with OhioMHAS that has resulted in so many projects and treatment facilities in our community,” said Wortham Wood. “Thanks for your leadership and your time with us. You made our funded partners feel supported, our people in recovery feel heard, and our hard work at the board acknowledged.”



Arlen Yoder talks about Appleseed’s SE/IPS programming.



Dennis Dyer leads a tour of ACCADA’s Walnut House recovery housing project.



Helen Walkerly, executive director of NAMI Wayne/Holmes and MOCA House (second from right) greets Dr. Hurst.

>>> **Click [HERE](#) to view more photos.** <<<



RECOVERY WORKS

\$8M Grant to Connect Employers with Workers in Recovery

Ohio will invest \$8 million over the next two years to help employers and unemployed workers in 16 counties overcome issues related to the opioid epidemic and to help build the workforce to address the crisis, the Ohio Department of Job and Family Services (ODJFS) recently announced.

The agency will use a Trade and Economic Transition National Dislocated Worker Grant from the U.S. Department of Labor to support employers who hire individuals in recovery, to create an addiction services apprenticeship at community colleges, and to provide job training and other services to help unemployed workers overcome their addictions and find jobs.

“Drug addiction and overdose deaths have become the most pressing public health issue and workforce challenge facing Ohio,” said ODJFS

Director Cynthia Dungey. “This grant will help businesses rebuild their workforces and individuals rebuild their lives. We’re excited to partner with local workforce professionals, community colleges and businesses to address the workforce challenges created by the opioid epidemic.”

Each of the following four regions will receive \$1.8 million: **Western** (Clark, Clinton, Fayette, Montgomery and Preble counties); **Southwest** (Butler, Clermont and Hamilton counties); **Southern** (Adams, Brown, Lawrence, Pike and Scioto counties) and **Mahoning Valley** (Mahoning and Trumbull counties).

Services will be tailored to local needs, but may include any of the following:

- The testing of innovative approaches to combat addiction issues — for example, by supporting employers that develop second-chance policies and hire individuals in recovery.

- Job training, career services and supportive services to individuals affected by the opioid epidemic. Supportive services can include anything from health, mental health and addiction treatment to drug testing, help purchasing work clothes or transportation assistance.
- Building the addiction treatment, mental health and pain management workforce, including a new addiction services apprenticeship at two-year colleges.

The ODJFS announcement comes on the heels of the Ohio Bureau of Workers’ Compensation **launch** of the Opioid Workplace Safety pilot program in Montgomery, Scioto and Ross counties. That effort provides \$5 million over two years to help employers hire, manage and retain workers in recovery from addiction.

Ohio Developmental Disabilities to Host Family Engagement Series on Trauma

The Ohio Department of Developmental Disabilities (**DODD**) has announced a series of regional, in-person sessions throughout Ohio to help familiarize families with trauma-informed care and offer strategies to manage stress and difficult situations.

The **Family Engagement Series** titled, “Unlock Your Strength, Live Your Potential” will teach ways to manage pressure, patience and learn creative ways to modify existing methods of coping and caring for loved ones. Moderators will work with each group’s real-life obstacles to identify solutions that work for families.

When registering, participants must commit to attending all four sessions (a.m. or p.m.). More than one family member is welcome to attend the series, but they too should register and commit to attending the same sessions.

Click the links below for registration information:

- Southwest** (Dayton)
- Southeast** (Byesville)
- Northeast** (Youngstown)
- Northwest** (Sandusky)
- Central** (Circleville)

If you have any questions about the series or the registration process, please contact Steve Beha at 614.446.4085 or email steven.beha@dodd.ohio.gov.



Ohioans Discard 45,000 Pounds of Unused, Expired Prescription Meds on Take Back Day

Ohioans disposed of more than 45,000 pounds of unused, expired and unwanted prescription medications during the Drug Enforcement Administration’s 16th National Take-Back Day held Oct. 27. More than 200 law enforcement agencies participated at 282 sites throughout the state.

During the event, the DEA and federal, state and local partners disposed of more than 900,000 pounds of prescription medications collected at nearly 6,000 sites throughout the country. Together with almost 5,000 local, state and federal partners, the DEA collected and destroyed more than 457 tons of potentially dangerous leftover prescription drugs. This brings the total amount of prescription drugs collected by DEA since the fall of 2010 to 10,878,950 pounds, or 5,439.5 tons.

National Prescription Drug Take-Back Day events continue to remove opioids and other medicines from the nation’s homes, where they could be stolen and abused by family members and visitors, including children and teens.

The DEA began putting on **Take-Back Day** events when the public had no other way to appropriately dispose of leftover painkillers and other potentially dangerous drugs. Since launching this program in 2010, doctors are prescribing fewer painkillers, and law enforcement agencies, pharmacies and others have installed permanent prescription drug drop boxes on-site, making drug disposal even more convenient.



Appalachian Behavioral Healthcare CCO Honored for Advocacy Efforts

The ***Athens-Hocking-Vinton 317 Board*** presented the Rita Gillick Mental Health Advocacy Award to Dr. Mark "Max" McGee, former chief clinical officer of Appalachian Behavioral Healthcare at its annual meeting on Oct. 22.

The Rita Gillick Mental Health Advocacy Award was established in 1986 in honor and memory of Rita Gillick, an early advocate for those with mental illnesses. Rita was hospitalized for more than 25 years of her life and upon discharge became a founding member of The Gathering Place. She was known statewide as an advocate for client's rights and consumer-directed services and served on the Athens-Hocking-Vinton Community Mental Health Board for six years. The award is presented annually to a person who demonstrates the overwhelming willpower of Rita Gillick to never stop advocating for those with mental illnesses.

Jane Krason, CEO of Appalachian Behavioral Healthcare, introduced Dr. McGee and spoke of his, "dedication to the provision and improvement of mental health care in south-eastern Ohio."

Dr. McGee is originally from Perry County and worked as a coal miner in Meigs County, volunteered at the former Athens Asylum, which is where he became interested in mental health. "He has worked with many others across our region to advocate for good patient care and services in a system often strapped for resources," continued Krason.

Dr. McGee explained that he is probably one of the only recent award winners who actually knew Rita Gillick and met her in the 1970s as a volunteer at the Athens Asylum. McGee mentioned a medical director he worked with during his time



(l-r) Appalachian Behavioral Healthcare CEO Jane Krason, ABH Chief Clinical Officer Dr. Mark "Max" McGee and Athens-Hocking-Vinton 317 Board Executive Director Earl Cecil.

as chief resident in a North Carolina hospital who gave him advice he's never forgotten.

"Just remember to take care of the patient when everything gets chaotic, remember to take care of the patient. And I try to keep that in mind and over the course of my career I've found myself saying that to many providers who I've had the pleasure to work with," McGee said.

The Board noted that Dr. McGee has been a caring and dedicated advocate for those with mental illnesses throughout his career. His leadership has brought about many positive changes in the mental health system in Ohio.

Forensic Conference Focuses on Assessment, Treatment of People with Intellectual Disabilities

A capacity crowd attended the OhioMHAS Annual Forensic Conference, which for the first time, focused on individuals with mental illness and intellectual disabilities.

Keynote speaker Dr. Marc Tasse, professor in the departments of Psychology and Psychiatry and director of the Nisonger Center at The Ohio State University, discussed the clinical processes involved in the assessment of intellectual disabilities (ID). He also discussed Autism Spectrum Disorder and several U.S. Supreme Court cases that dealt with the prohibition of capital punishment for people with ID.

Marc Baumgarten, chief of the OhioMHAS Bureau of Legal Services, and Beth Rose, M.D., forensic psychiatrist at Summit Behavioral Healthcare, provided a legal update, which included a number of recent Appellate Court cases. The conference also featured a series of panel presentations focused on community placement and treatment options for forensically involved people with ID and diversion options for people charged with misdemeanors who are not competent to stand trial.

The 2018 Howard H. Sokolov Forensic Mental Health Leadership Award was presented to The Honorable Hollie L.

Gallagher, judge in the Cuyahoga County Court of Common Pleas, for her outstanding leadership on the mental health and developmental disabilities docket.



2018 Howard H. Sokolov Forensic Mental Health Leadership Award Winner Judge Hollie Gallagher with Robert Baker, Ph.D., OhioMHAS forensic services chief.

Cooperative Effort Results in Better, More Efficient Care

In numbers there is power. In unity there is strength. And with cooperation, great things are possible. Such is the case with the Mahoning County Mental Health & Recovery Board, Mercy Health Foundation Mahoning Valley, and a group of community partners who joined forces to address the community's opioid crisis and provide timely, effective treatment and support services to those affected by substance abuse, addiction or mental health disorders.

Per an agreement that runs from July 1, 2018, through June 30, 2019, ***Mercy Health Foundation Mahoning Valley*** matches funding from the ***Mental Health & Recovery Board*** to provide comprehensive care for these patients.

"It makes sense for us to work together given our common mission to serve the most vulnerable members of our community — many of whom are indigent — and to eliminate barriers to care," said Duane J. Piccirilli, executive director, Mahoning County Mental Health & Recovery Board.

Working together also makes sense because it enables providers to make more efficient use of resources and bridge gaps in care.

The first project — construction of safe rooms in the emergency departments at St. Elizabeth Boardman Hospital and St. Elizabeth Emergency & Diagnostic Center in Austintown — increased awareness among staff of both organizations about how working together could greatly improve care for patients, Piccirilli observed.

The board and the foundation decided to join forces to bridge the gap between hospital emergency rooms, community providers and the state. Without a formal process, patients and families often struggled to find and access the appropriate care after leaving the hospital. And, without appropriate care, these patients often ended up back in the emergency department in crisis.

The solution? An onsite counseling navigator who facilitates collaboration

among providers and assists patients and families transitioning from one provider to another, such as a hospital emergency room to an inpatient facility or state hospital.

Referrals not only come from hospital emergency rooms, but from anyone who works with individuals struggling with substance abuse or mental health issues.

The result has been that patients are assigned a follow-up care provider before they are released from the hospital so there is no gap in treatment. The counseling navigator continues to follow the patient for the next six to 12 months coordinating ongoing care, which not only results in better care with better outcomes for patients, but a more efficient use of resources. Patients receive the care they need through a coordinated continuum and are less likely to land back in the emergency room in crisis.

Other cooperative efforts include the Area Agency on Aging, Mercy Health, Meridian Healthcare, Neil Kennedy Recovery Center and Flying High, Inc. Because there are adults who are frail, developmentally disabled or affected by a mental health disorder who do not qualify for services through the Area Agency on Aging, the board and foundation fund an adult navigator's position at Area Agency on Aging.

This navigator serves a small but at-risk population — adults too young to qualify for services through the agency but unable to properly care for themselves. The navigator completes a risk assessment for each of these individuals and then identifies and refers them to community resources that can meet their specific needs.

Certified peer support staff at Mercy Health hospitals, Meridian Healthcare, Neil Kennedy Recovery Clinic and Flying High Inc. are also possible because of cooperation between the board and the foundation. The foundation provides a 100 percent match for funds from the 21st Century Cures Grant provided through the board to fund three full-time-equivalent positions at Mercy



Mahoning County
**Mental Health &
Recovery Board**



MERCYHEALTH
Foundation
Mahoning Valley

Health, two full-time-equivalent positions at Meridian, 1.5 full-time-equivalent positions at Neil Kennedy and a part-time position at Flying High.

Certified peer support staff work with individuals in active withdrawal, often individuals who overdose and are revived using naloxone. In these instances, the peer support staff member encourages the patient to seek and obtain treatment.

The peer support workers build relationships with patients and continue to work with them through all phases of recovery. They encourage and guide them through the process, even helping them to secure housing and employment.

"When the board and the foundation began working together, it opened the gate for all agencies to work together," Piccirilli observed. "Working together allows us to provide better care. The hospital is the access center. The navigators have no vested interest in where a patient is referred, so they are referred to the resource that is best able to meet their needs."

The success of these cooperative efforts have paved the way for even more collaboration. By joining forces, the board, foundation and Neil Kennedy Recovery Center opened a 16-bed unit in September at Mercy Health's St. Elizabeth Youngstown Hospital to provide detox services to patients in active withdrawal. This means that patients treated for overdose in the emergency room can often go directly from emergency to inpatient treatment. There is no gap in treatment, no waiting to identify a provider and then waiting for a bed to become available.



Signing of H.B. 354 Paves Way for Multi-Jurisdictional Drug Court in Seneca County

Mircea Handru, executive director of the Mental Health and Recovery Services **Board** of Seneca, Sandusky and Wyandot Counties (pictured at left) joined Rep. Bill Reineke and Gov. John R. Kasich on Oct. 24 for the ceremonial signing of H.B. 354. The bill, sponsored by Reineke (R-Tiffin), grants concurrent authority for the Seneca County Common Pleas Court and Tiffin-Fostoria Municipal Court to operate a drug recovery docket. Currently, Seneca County is the only community in Ohio eligible to operate a multi-jurisdictional drug recovery docket.

Honoring the Past, Building the Future: Tri-County Board Marks 50 Years of Service

OhioMHAS Director Mark Hurst, M.D., was on hand as the **Tri-County Board of Recovery and Mental Health Services** celebrated 50 years of service to Miami, Darke and Shelby counties at its annual meeting on Oct. 17.

The theme, "Honoring the Past, Building the Future," highlighted not only a celebration of the board's decades of service, but also its potential for growth throughout the northern Miami Valley. In addition to honoring individuals who have served on the Board the past 50 years, the event also featured an Art of Recovery reception, showcasing 62 works by artists in recovery and advocates.

"We wanted to highlight the individuals that have been influential in shaping how the Tri-County Board has responded to mental health challenges and addiction challenges," said Brad Reed, director of community resources development.



Summit Behavioral Healthcare Hosts Breast Cancer/Mental Health Awareness Program

In mid-October, Summit Behavioral Healthcare hosted a Breast Cancer/Mental Health Awareness Program to provide staff with educational resources that encompassed a multitude of health issues to include breast cancer, diabetes, heart disease, men's health issues and mental health issues.

Gloria Walker, executive director for NAMI Greater Urban Cincinnati, spoke, as well as provided information about the organization and educated staff on the services that the organization provides to individuals needing mental health support in underserved communities.

A Breast Cancer Survivor's Table was staffed by employees who are breast cancer survivors. The survivors were available to answer questions regarding their experiences with cancer, diagnostic information, treatment options and resources utilized. The Survivor's Group has also made itself available as a resource to staff members who encounter a breast cancer diagnosis and need someone to talk to for information or support.



Visitors admire some of the artwork on display as part of the Tri-County Board's 50th anniversary celebration.

News & Research Roundup

Fatal Doses of Fentanyl Increasingly Found in Counterfeit Medications

The Wall Street Journal recently **reported** that counterfeit drugs sold online are increasingly being adulterated with fatal doses of fentanyl. Counterfeit Xanax is a particular concern, experts told the newspaper. Officials have found counterfeit drugs made with fentanyl in 44 states, according to Shabbir Safdar, executive director of Partnerships for Safe Medicines, a San Francisco-based nonprofit. Officials have confirmed fentanyl in counterfeit drugs to be a cause of death in 26 states. The National Association of Boards of Pharmacy (NABP) reviewed 12,000 online drug outlets selling prescription medications to U.S. patients. Of these, about 95 percent were found noncompliant with state and federal laws and NABP standards, according to a **report** published last month.

Rural Americans Say Drug Addiction is Most Urgent Health Problem

A **new poll** from NPR, the Robert Wood Johnson Foundation and the Harvard School of Public Health, shows rural Americans consider drug or opioid addiction as the most urgent public health problem. The poll found 48 percent of rural Americans said the problem of opioid addiction in their local community has gotten worse, while 40 percent said it has remained about the same in the past five years.

Social Stigma Contributes to Poor Mental Health in the Autistic Community

Medical Xpress recently reported that stress related to social stigma may be the reason why individuals with autism experience more mental health problems than the general population, dispelling past theories that the condition itself is the origin of such distress. In the first study of its kind, published in the ***Journal of Society and Mental Health***, researchers from the University of Surrey and University College London examined how stress related to social stigma, such as discrimination and rejection, impacts on the mental health of individuals with autism.

AI's Potential to Diagnose and Treat Mental Illness

A recent report in the *Harvard Business Review* details how tech companies and universities are developing new tools rooted in artificial intelligence (AI) to help meet a growing demand for mental health diagnostic and treatment services. The article notes that AI solutions are "arriving at an opportune time" as the nation is confronting a shortfall in psychiatrists and other mental health specialists. The article examines four approaches with the greatest promise. Click **[HERE](#)** to read more.



Study: Depression Rates Tied to Opioid-Related Deaths

Healio **reported** this month that researchers found in an analysis of data from the Centers for Disease Control and Prevention that a 1 percent increase in state-level depression diagnoses was tied to a 26 percent increase in opioid analgesic-related deaths. The **findings** were published in *Social Psychiatry and Psychiatric Epidemiology*.

New MHA Report Shows Around the Country, Students Leading the Way in Campus Mental Health



Mental Health America (MHA) has released ***Beyond Awareness: Student-led Innovation in Campus Mental Health***, a report showcasing student-led programs that are filling gaps in traditional mental health services and supports on campuses throughout the U.S. The report includes feedback from 12 college students and recent graduates who were selected as members of MHA's first-ever Collegiate Mental Health Innovation Council (CMHIC). CMHIC is dedicated to promoting and expanding the work of student leaders who have found creative ways to support their peers. By highlighting the work of specific student leaders in mental health around the country, the report focuses on what is important to students and provides summaries and guides to programs that student advocates can bring to their colleges and universities.

New Guide: Crisis Intervention Team Methods for Using Data to Inform Practice

The Substance Abuse and Mental Health Services Administration announced the release of ***Crisis Intervention Team Methods for Using Data to Inform Practices: A Step-by-Step Guide***. This resource helps local systems use data to implement Crisis Intervention Team programs that can improve the safety and effectiveness of law enforcement response to people experiencing behavioral health crises. It also provides information about building necessary partnerships, documenting program activities, identifying key metrics, establishing data collection processes, analyzing and reporting data, using data to improve programs and expanding capacity to collect and use data.

News & Research Roundup, cont.

SAMHSA Releases 2016 Mental Health Client-Level Data Annual Report

SAMHSA has released a [new report](#) detailing results from the Mental Health Client Level Data (MH-CLD) and Mental Health Treatment Episode Data Set (MH-TEDS) for individuals receiving mental health treatment services in 2016, as well as selected trends in data collected from such individuals between 2013 and 2016. It provides information on mental health diagnoses, mental health treatment services, and demographic and substance use characteristics of individuals in mental health treatment in facilities that reported to individual state administrative data systems.

SAMHSA Releases Treatment Episode Data Set (TEDS): 2016 Admissions to and Discharges from Publicly Funded Substance Use Treatment

SAMHSA has released a [new report](#) that presents national- and state-level data from the Treatment Episode Data Set (TEDS) for admissions and discharges occurring in 2016, and trend data from 2006 to 2016. It summarizes demographic information and the characteristics and outcomes of treatment for alcohol and/or drug use among clients aged 12 years and older in facilities that report to individual state administrative data systems.

New “Beautiful Boy” Discussion Guide for Families

Beautiful Boy is a powerful, poignant and heartbreaking film, combining the memoirs of David Sheff and his son, Nic. A story of addiction told through the eyes of a father, a family's struggle is driven by fear, heartache, determination, hope and unconditional love. The hope is that this film will help to change hearts and minds and reduce the stigma and shame too often felt by families. With a goal of sparking family conversations about substance abuse, the Partnership for Drug-Free Kids created a free [discussion guide](#).

Over-the-Counter Medication Safety

Scholastic, in partnership with the American Association of Poison Control Centers, has developed several new Over-the-Counter Medication Safety [resources](#) to help engage youth in conversations about responsible medicine use. The materials were created with four audiences in mind: teachers, families, community leaders and health care professionals. Parents can access home safety topics, conversation starters and more through the comprehensive site OTC Medicine Safety for Families. Teachers can access lesson plans, digital storybooks, skill charts and other printable resources through the site OTC Medicine Safety for Teachers. Resources for community leaders and health care professionals include presentations, printable resources, program guides and more.



FDA Seeks Public Input on Research, Strategies to Help Addicted Kids Quit Using E-cigarettes



On Nov. 2, FDA Commissioner Scott Gottlieb, M.D., issued a [statement](#) on the agency's concern with rising numbers of youth becoming addicted to e-cigarettes and the current lack of adequate research or approved treatments to help them quit using e-cigarettes or other tobacco products. To help address these issues, the agency will hold a [public hearing](#) at the FDA White Oak Campus on Dec. 5 to hear public perspectives on the available scientific evidence related to drug therapies for e-cigarette cessation as it relates to youth users and how the FDA may support further research in this area. Individuals interested in presenting at the hearing must [register](#) by Nov. 23. Those interested in attending the hearing in person or watching the free, live webcast must [register](#) by

Dec. 3. Interested parties may also [submit a public comment](#) to docket FDA-2018-N-3952 starting through Jan. 2, 2019. Further information, including instructions for presenters, is included in the [Federal Register notice](#).

DEA Releases 2018 National Drug Threat Assessment

The Drug Enforcement Administration recently [released](#) its [2018 National Drug Threat Assessment](#). Among the key findings, the DEA said prescription drugs, heroin, fentanyl and other synthetic opioids remain the biggest threat to communities throughout the U.S.

American Psychological Association Releases “Stress in America” Report

The American Psychological Association has released [Stress in America](#), a new report that indicates gun violence, sexual assault claims and immigration are among the top issues to cause stress among young adults between the ages of 15-24.

Training Opportunities

Upcoming CWRU CEBP Trainings

The Case Western Reserve University Center for Evidence-Based Practices is sponsoring the following upcoming trainings:

Dec. 5 [***Assertive Community Treatment \(ACT\) Model Overview \(Columbus\)***](#)

Dec. 5 [***Stage-Wise Treatment Approaches \(Columbus\)***](#)

Jan. 10 [***AOD Treatment Considerations for Individuals with Severe and Persistent Mental Illness \(Columbus\)***](#)

Collaborative Assessment and Management of Suicidality Training (Cincinnati) — Nov. 26

The Ohio Suicide Prevention Foundation, in collaboration with the University of Cincinnati, will host a free Collaborative Assessment and Management of Suicidality (CAMS) training for behavioral health professionals who work with youth ages 10-24 on Nov. 26 at the UC Teachers — Dyer Complex, Room 407. Click [HERE](#) for more information and to register online.

Practical Strategies for Working with Individuals Experiencing Psychosis — Nov. 28

Join Best Practices in Schizophrenia Treatment (BeST) Center consultants Harry Sivec, Ph.D., and Val Kreider, Ph.D., on Nov. 28 at the Brecksville Branch of the Cuyahoga County Public Library to learn more about working with people who experience psychosis. Click [HERE](#) to learn more and [HERE](#) to register.

Clergy/Lay Ministers Certification Training for Gambling Addiction — Nov. 30-Dec. 1 and Dec. 6-7

The Problem Gambling Network of Ohio, with support from OhioMHAS, is offering four days of training for the International Gambling Counselor Certification Board (IGCCB) Clergy/Lay Minister Certification in Gambling Addiction Prevention, Education, Awareness and Spiritual Outreach Care. The IGCCB certification provides a process for recognizing and certifying clergy, lay ministers, religious persons and other faith leaders to offer informed guidance, educational materials, support, hope, spiritual care and help to people and families affected by problem gambling and addiction. The training will be held Nov. 30-Dec. 1 and Dec. 6-7. Attendees must complete all four days of the training in order to be eligible for certification. There is no cost for the training. IGCCB has waived the initial certification fee until further notice; however, there is an administration fee of \$50 payable to IGCCB after the trainings for continued work toward certification. A light breakfast and lunch will be provided for each training day, and sessions will be held at Grace Church, 7393 Pearl Road, Middleburg Heights. Register [HERE](#). For logistical questions contact Derek Longmeier at DLongmeier@PGNOhio.org or 614.750.9899; for course content questions, contact Rev. Janet Jacobs at jjacobs@grmumc.org or 812.290.3022.

Stage 1: Foundations of Disordered Gambling (Dayton) — Dec. 6-7

OhioMHAS, in partnership with Recovery Resources, will hold a [***Stage 1: Foundations in Disordered Gambling***](#) training at the Dayton Metro Library — Northwest Branch on Dec. 6-7. This training will provide 12 hours of gambling-specific education and prepare the practicing clinician to work with problem and disordered gamblers and their families. Cost is \$50. For questions, please contact Mike Buzzelli at mbuzzelli@recres.org or call 216.431.4131 ext. 2612.

Ohio Youth-Led Prevention Network Adult Allies Summit — Dec. 14

Prevention Action Alliance will host the [***2018 Ohio Youth Led Prevention Network Adult Allies Summit***](#) Dec. 14 at the Marriott Columbus — University Area. Cost is \$50. Adult Allies are critical to the success of youth-led prevention because they assist young people in developing the knowledge, skills and attitudes necessary to create community-level change. The Summit seeks to build skills in youth empowerment so young people can help to improve youth behavioral health in Ohio. Click the link for more information.

16th Annual Ohio Problem Gambling Conference — Feb. 28-March 1, 2019

Save the date! The 16th Annual Ohio Problem Gambling Conference will take place Feb. 28-March 1, 2019, at the Nationwide Hotel and Conference Center in Lewis Center. The Problem Gambling Network of Ohio is currently [***accepting proposals***](#) for speakers, panels and poster presentations. The deadline to submit a proposal is Nov. 9. More information will be available at a later date.

Training Opportunities, cont.

Save the Date: 14th All-Ohio Institute on Community Psychiatry — March 15-16, 2019

OhioMHAS will partner with Northeast Ohio Medical University and University Hospitals Cleveland Medical Center to host the **14th All-Ohio Institute on Community Psychiatry** March 15-16, 2019, at the Crowne Plaza Columbus North — Worthington. Individuals wishing to submit abstracts for workshops, showcases or poster presentations should contact AllOhio2019@uhhospitals.org. Registration information will be available in January. The planning committee is currently accepting **abstracts** from interested presenters. Please send a completed abstracts to allohio2019@uhhospitals.org by through Dec. 3. Accepted proposals will be announced in January.

Save the Date: Ohio Early Childhood Systems Conference — March 25-28, 2019

OhioMHAS is pleased to partner with the Ohio Departments of Developmental Disabilities, Health, Medicaid, Education and Job and Family Services to host the **2019 Ohio Early Childhood Systems Conference** “Infant and Early Childhood Wellness: A Systems Approach to Integrated Care” March 25-28 at the Hilton Easton in Columbus. Each state agency partner will have a daily focus while incorporating cross-systems sessions designed to promote increased collaboration among and across all early childhood serving professionals. Watch OhioMHAS eNews for more information in the coming months.

Ohio Recovery Housing 2019 Annual Conference — April 2-3

Early registration is now open for Ohio Recovery Housing’s 2019 Annual Conference “Bringing Recovery Home” scheduled for April 2-3, 2019, at the Embassy Suites — Dublin. Click [HERE](#) for more information.



2018 Recovery Conference Demonstrates Power of Recovery

Nearly 1,200 individuals in recovery from mental illness and addiction attended Ohio’s 2018 Recovery Conference Oct. 1-2. Participants had an opportunity to learn skills and resources to strengthen their recovery, as well as to break stigma surrounding mental illness and addiction and celebrate recovery which empowers individuals to become active members of their community. In addition to keynote speakers from throughout the country who specialize in forwarding recovery supports in their own states, those attending also were treated to a number of educational and interactive breakout sessions, a celebration of recovery and, for the first time, a job fair to assist individuals in recovery with employment opportunities. View [more photos](#).



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.