

Ohio Communities Shine Spotlight on Suicide Prevention

Suicide is the 10th leading cause of death in U.S. and research shows it is on the rise. To help raise awareness and promote September as **Suicide Prevention Month**, communities throughout Ohio held events ranging from walks and talks to the screening of documentaries and activities for survivors. According to the Centers for Disease Control and Prevention, Ohio has seen a 36 percent increase in suicide from 1999-2016. Nationally, suicide is increasing across all age groups for both men and women. In 2016, suicide became the second-leading cause of death among young people ages 10-34. CDC researchers said more than half of people who died by suicide in 2015 were not diagnosed with a mental health issue.

Here's a look at what some Ohio communities did this month to help educate the public, raise awareness and decrease stigma:

- Auglaize County held its fourth annual **Suicide Awareness and Prevention Walk** in St. Mary's on Sept. 15.
- The Franklin County Suicide Prevention Coalition marked World Suicide Prevention Day (Sept. 10) with a screening of **The S-Word** — a documentary advocating suicide prevention.
- The National Alliance on Mental Illness (NAMI) of the Mahoning Valley sponsored a **Steps Against Stigma Walk** in Youngstown on Sept. 15. Earlier in the week, the Mahoning County Mental Health and Recovery Services Board in partnership with the Mahoning County Suicide Prevention Coalition, marked World Suicide Prevention Day with a **special program** that featured remarks from State Sen. Charleta Tavares (whose brother died by suicide in 1994) and Ohio Suicide Prevention Foundation Director Shawna Hite-Jones, among others.
- The City of Cleveland illuminated the issue by hosting a downtown **rally** on Public Square and turning the landmark Terminal Tower blue and orange on Sept. 10.
- The Montgomery County Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board helped bring awareness through **media outreach**.
- The Tuscarawas/Carroll Counties Survivors of Suicide Loss Group and ADAMHS Board sponsored their fourth "Walk Into the Light" **suicide prevention walk** on Sept. 23.
- The Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot Counties held its second "Max's Miles" Suicide Awareness Event Sept. 28-29 in Tiffin. The two-day event featured a community educational session and awareness walk.
- The Lorain County Board of Mental Health held a Question Persuade Refer (QPR) class in Elyria as part of a weekend of **events** that also included a Memory Walk and panel discussion on mental health stigma.
- NAMI of Hancock County held a suicide vigil Sept. 16 in Findlay.



Advocates march in St. Mary's on Sept. 15 as part of Auglaize County's fourth annual Suicide Awareness and Prevention Walk.

- The Suicide Prevention Coalition of Logan and Champaign Counties **hosted** Mental Health First Aid workshops and held awareness ceremonies and a Save a Life 5K.
- The Lake County ADAMHS Board and its Suicide Prevention Coalition hosted an **awareness event** in Painesville on Sept. 4. Meanwhile, the Depression Bipolar Support Alliance of Northeast Ohio **hosted** a mental health workshop.
- NAMI of Southern Ohio launched its 12-session "Peer-to-Peer" educational program at the Paint Valley Mental Health Center in Hillsboro.
- Marion-Crawford ADAMHS Board Executive Director Brad DeCamp penned a **guest column** for the *Marion Star*.
- The Lucas County Suicide Prevention Coalition **visited** Toledo-area schools and talked with students during National Suicide Prevention Week.
- Perry Strong, a grassroots organization in Stark County that formed last year in response to an uptick in youth suicides, **hosted** a free QPR training.
- Hardin County **held** a Suicide Prevention/Memorial Run in Kenton on Sept. 15.
- Officials in Jefferson County hosted a **golf outing** in Steubenville to bring awareness to suicide prevention.



Cleveland's landmark Terminal Tower was bathed in orange and blue light in observance of World Suicide Prevention Day.



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

- 9.5 Toured the Hocking College Career Center and participated in an Opioid Workforce Gap Meeting.
- 9.6 Provided remarks at an addiction workshop hosted by the Catholic Toledo Diocese at the Kalahari Conference Center in Sandusky.
- 9.6 Traveled to Wood County for an update on current initiatives from the Alcohol, Drug Addiction and Mental Health Services Board.
- 9.12 Spoke at Ohio Opioid Technology Challenge **announcement** of Phase II prize recipients.
- 9.14 Provided opening remarks at the first OhioMHAS Systems of Care Summit.
- 9.17 Provided opening remarks at Prevention Action Alliance's second annual Coalitions Rising Conference.
- 9.18-20 Attended Midwestern Governors Association Summit hosted by Gov. Kasich at COSI.
- 9.19 Presented Ohio's annual problem gambling prevention and treatment plan to the Ohio Casino Control Commission.
- 9.20 Along with Ohio Medicaid Director Barbara Sears, provided an **update** on Behavioral Health Redesign before the Joint Medicaid Oversight Committee
- 9.24 Provided opening remarks at the 16th Annual NADD: State of Ohio IDD/MI **Conference**.
- 9.28 Spoke at the 2018 Ohio Suicide Prevention Symposium.
- 9.29 Presented Governor's Proclamation and provided brief remarks at 17th Annual Ohio Rally for Recovery.

Summit County Hospital 1 of 3 Sites in Nationwide Mental Health Study

The *Akron Beacon Journal* reported this month that Summa Health's Akron City Hospital is one of three sites nationwide chosen to participate in a study to identify patients at a higher risk for mental health problems after a sudden illness or injury.

The goal of the study is to develop a screening tool that could be used nationwide to help assess a patient's risk for developing mental health problems after a sudden illness or injury, Patrick Palmieri, director of Summa's **Traumatic Stress Center**, told reporters. He is co-investigator in the four-year, \$2.7 million study funded by the National Institute of Minority Health and Health Disparities.

The study is looking for the likelihood that patients with a sudden illness or injury and who are subsequently hospitalized will potentially develop a mental health issue.

"We know a lot of people get traumatized and some of them develop longer-term problems," said Palmieri. "We don't really know which of one of these recently traumatized people are going to have difficulty six or eight months down the road. That's like the Holy Grail of the mental health industry."

Some patients have strong symptoms, such as stress, anxiety or depression right away and, over time, Palmieri said may recover, even without formal intervention. Others may show no signs right away, but may develop symptoms later.

"We're not assessing PTSD or even early PTSD, we're assessing the PTSD risk," he said.

The study will include a large number of racial minority patients, who traditionally have not been well-represented in mental health research. Initially, 500 patients at each site will be recruited and surveyed. Identified patients will be asked to take an online survey and then do a clinical interview two and six months later. Phase two will include another 500 patients at each hospital.

If patients indicate they have potential mental health issues, the researchers will alert the patient's care team, Palmieri said.

"If we can identify early on, before someone is experiencing symptoms, we can monitor them more closely, or if they are already having some initial symptoms, we might be able to intervene to prevent full-blown PTSD or something like that or limit the severity of it.

"A lot of people view PTSD as a life sentence. It really isn't. There are effective treatments for PTSD and other trauma-related illnesses," Palmieri said.



Annual Drug Overdose Report Shows Eight-Year Low in Prescription Opioid Deaths and Four-Year Low in Heroin Deaths in Ohio

Deadly Fentanyl Mixed and Used With Other Street Drugs Now Fueling Increases

Prescription opioid-related overdose deaths have reached an eight-year low and heroin-related overdose deaths are at a four-year low, according to a **new report** released by the Ohio Department of Health (ODH).

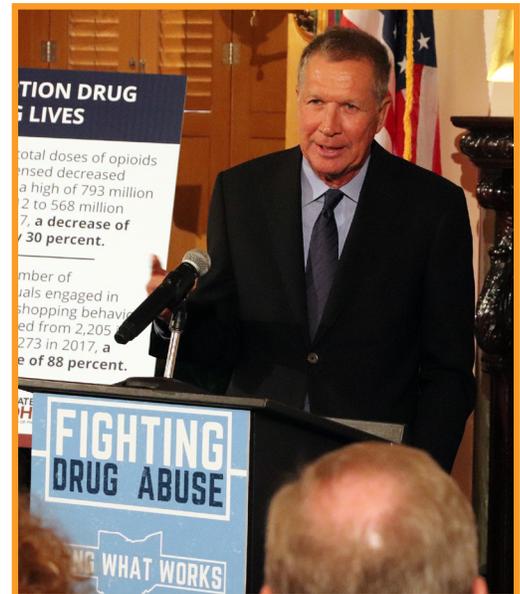
"This progress is significant because prescription opioid abuse is frequently a gateway to heroin and fentanyl use," said Mark Hurst, M.D., director of the Ohio Department of Mental Health and Addiction Services.

Illegally produced fentanyl which is being mixed and used with other street drugs such as cocaine, heroin and psychostimulants like methamphetamine is now driving Ohio's unintentional overdose deaths, which climbed to 4,854 in 2017. The report also revealed that the number of overdose deaths declined during the second half of 2017 by 23 percent.

In 2017, illegally produced fentanyl and related drugs like carfentanyl, which are opioids, were involved in 71 percent of all unintentional overdose deaths. By comparison, fentanyl was involved in 58 percent of all overdose deaths in 2016, 38 percent in 2015, and 20 percent in 2014.

Ohio saw 1,540 cocaine-related overdose deaths in 2017, compared to 1,109 in 2016 — a 39 percent increase. Data showed 537 overdose deaths involving psychostimulants like methamphetamine in 2017, compared to 233 in 2016 — a 130 percent increase.

Read the ODH media release. **View** the accomplishments document. **See** a timeline of key initiatives. **View** the new strategies document. **Read** the Key Ohio Initiatives Combatting Prescription Opioid Abuse factsheet.



Gov. John R. Kasich discusses progress made in the fight against opioid addiction during a Sept. 27 press conference at the Ohio Statehouse

Inaugural Systems of Care Summit

OhioMHAS and the Ohio Department of Developmental Disabilities partnered to host Ohio's first Systems of Care Summit Sept. 14-15. More than 300 professionals, youth and family members with lived experience participated in 24 workshops and heard from several nationally renowned keynote speakers, including Dr. Victor Rios and Beth Stroul, the "mother" of the Systems of Care framework. The Summit also featured a panel discussion featuring two youth and two parents, who shared their experiences in navigating Ohio's System of Care. Conference organizers are planning a second Summit for 2020.

Presenter materials and keynote videos are available at www.systemsofcaresummit.com/. See more photos from the Summit on the [OhioMHAS Flickr page](#).



Drummers helped to kick off Ohio's inaugural Systems of Care Summit Sept. 14-15. Their music symbolized the coming together of youth, families, professionals and state systems. The performance was planned by members of NAMI YouthMOVE.

“Write to Recover” Program Helps Women Find Pathway to Wellness

Reprinted with permission from Angela Brock, Compass and Ohio University

Athens-area residents are finding healing from drug and alcohol substance use disorders through, “The Write to Recover,” program, hosted monthly by Ohio University’s Campus Involvement Center.

“The Write to Recover” brings women from Health Recovery Services’ **Rural Women’s Recovery (RWR) Program** in Athens into a university setting. Many of the participants grew up experiencing generational poverty and generational addiction. The program allows participants a safe space to express their emotions without judgment or fear of criticism. Journaling is one of the activities that the participants use to aid in their ongoing recovery.

Journaling provides self-awareness and helps the women identify triggers and resist urges, track challenges, setbacks and successes, prioritize responsibilities, set goals, and recognize negative thoughts. Working together in a safe space to share, process and journal their experiences contributes to the healing process.

“We put people first and respect them, not identify them by their substance use disorder,” said Ann Addington, Ohio University’s assistant director of Health Promotion at the Campus Involvement Center. “First and paramount is getting them the help they need. The women are getting help through RWR and journaling helps them open up and accept they need help.”



Notebook binders given to the women are decorated and used to journal based on various prompts. Examples of journaling prompts include, “my childhood was ...” or “the last time I cried was ...”

“Bringing women to a college environment expands their vision for their futures to include the potential of a college education,” said Addington. “Some of the women have attended college in the past, but dropped out due to a substance use disorder. The program introduces them to the opportunity that they can get an education.”

The name of the journaling project, “The Write to Recover,” was selected by the women at RWR because they felt anyone with a substance use disorder has a right to access recovery services.

“Some women have lost children, relationships, trust and financial security,” Addington explained. “It’s often an eye-awakening experience for college students to realize what can happen if their substance use disorder goes untreated.”

RWR is nationally recognized for its gender-specific and evidence-based approach to addiction and mental health treatment. They create individualized treatment plans designed to specifically meet each woman’s needs.

“A lot of people with a substance use disorder don’t want to feel and that’s why they start using substances,” said Addington. “Journaling helps them realize and experience their feelings in the moment.”

“It’s important for the women to see there is a safe place in the community for them,” said Catherine Chelak, RWR director. “It’s nice to see the community help women who are addicted find their voices.”



One RWR resident, Holly, of Vinton County, attended Hocking College in 2004; however, she did not finish her degree. She plans to reapply once she leaves RWR, to finish her degree in human services and corrections.

“I like that you can write how you feel and are not judged,” said Holly. “It’s a soul-soothing, sober activity and you can have fun doing it.”

“It’s strengthened my mind, got me on the right path,” said Cyrone, of Athens County, a current resident at RWR. “I forgave myself and made amends with others. I definitely love myself again.”

Women typically stay in the RWR program for 120 days and can come from any of Ohio’s 88 counties. Residents have the support of 24-hour nurses and staff. They attend daily therapy groups and have access to an exercise room. A significant number have overdosed or know someone who has overdosed or died. They arrive at the shelter in the process of major grieving.

“The Write to Recover” program aspires for project participants to experience self-awareness, self-acceptance, self-forgiveness, improved relationships and healing. Goals include helping participants shift their mindsets — how they think about themselves and how they envision their future.

Wood County Prevention Coalition One of Six Nationally Invited to White House

Meeting with President Trump Commemorated 20th Anniversary of Drug-Free Communities Support Program

“What you are will show in what you do.” Those words, spoken nearly a century ago by northwest Ohio native and inventor Thomas A. Edison, describe the work of the Wood County Prevention Coalition, which was recently honored for its efforts to reduce youth substance use at a White House roundtable with President Donald Trump.

The Wood County Coalition, one of only six nation nationwide invited to share its successes with the president as part of the 20th anniversary of the Office of National Drug Control Policy’s Drug-Free Communities Support Program, has worked to reduce alcohol and marijuana use among high school seniors by 26 percent and 16 percent, respectively, the past five years.

During the meeting, the White House announced nearly \$91 million in funding to 731 coalitions nationwide. Wood County’s piece of the pie was \$125,000. The Coalition will leverage its latest funding to continue to lower the use of prescription drugs, marijuana, tobacco and alcohol among youth by:

- working on environmental strategies in partnership with law enforcement
- surveying local youth to obtain useful data on substance abuse trends
- providing training for prevention professionals
- providing screenings for early identification and intervention.



President Donald Trump listens to stories from some of the nation's most successful prevention coalitions. According to Wood County Coalition coordinator Milan Karna (seated far right, in front of fireplace), the president acknowledged the importance of continuing federal investments in prevention and shared a personal story about his brother's struggles with alcohol addiction.

“Prevention is a powerful tool to counteract drug use in our community, and this funding will help youth in Wood County make healthy choices about substance use,” said coalition coordinator Milan Karna. “It was really an honor to represent Wood County and Ohio.”

RECOVERY WORKS

BWC Pilot Program Will Help Employers Hire and Retain People in Recovery

Striving to improve the health and safety of Ohio’s workforce, the Ohio Bureau of Workers’ Compensation (BWC) will launch a pilot program in October to support employers willing to hire workers in recovery from an addiction to opioids and other drugs.

The Opioid Workplace Safety Program will provide up to \$5 million over two years to help employers in Montgomery, Ross and Scioto counties hire, manage and retain workers in recovery.

“Many employers are struggling to fill jobs because otherwise qualified applicants have a history of substance abuse or addiction,” said Dr. Terry Welsh, BWC’s chief medical officer. “We also know that folks in recovery have a better chance staying sober if they have a job. What we want to do is give employers resources to help them better manage these workers

so everyone wins — businesses boost productivity without compromising safety, and workers have a greater chance of a successful recovery.”

BWC will partner with county Alcohol, Drug Addiction and Mental Health boards to coordinate the pilot program. The boards will identify eligible employers and employees, disperse funding and measure results. BWC will cover the following:

- reimbursement for pre-employment, random and reasonable suspicion drug testing
- training for managers/supervisors to help them better manage a workforce that includes persons in recovery
- a forum/venue for “second-chance” employers to share success stories that will encourage others to hire workers in recovery.

Under the program, BWC will allot a lump sum to each ADAMH board on a quarterly basis. Employers must pay for expenses up front and apply to the boards for reimbursement. Program details are still under development, with changes likely as the pilot progresses. The pilot’s launch is scheduled for Oct. 15.

BWC’s latest program demonstrates the agency’s **continued commitment** to mitigate the opioid epidemic’s impact on Ohio’s workforce.

Since 2011, the agency has overhauled its pharmacy program to better monitor and reduce dependence on opioids. As a result of these efforts, the agency has seen opioid dependence in its injured-worker population drop 59 percent, from 8,029 workers in 2011 to 3,315 as of July 31, 2017.

Conference Focuses on Suicide Prevention at Ohio Schools, Colleges

The Ohio State University Wexner Medical Center, Nationwide Children's Hospital and OhioMHAS partnered to host the fifth annual suicide prevention conference, "Suicide Prevention at Ohio Schools and Campuses" on Sept. 28.

Dr. Eileen Ryan, interim chair of the department of psychiatry and behavioral health at Ohio State Wexner Medical Center, and OhioMHAS Director Mark Hurst, M.D., lead the conference. More than 350 participants heard from leading researchers and advocates who discussed the latest strategies, advancements and outcomes regarding suicide prevention in the school and campus community.

Suicide is the second-leading cause of death among college students in the U.S., and many at-risk students go unrecognized and untreated. Ohio State President Michael V. Drake provided brief remarks. Dr. Ryan and Javaune Adams-Gaston, senior vice president of Ohio State's Student Life, discussed the campus response to student suicide, including the recent organization of an **Ohio State Suicide Task Force**.

Cheryl King, director of the Youth Depression and Suicide Prevention Program and a professor of psychiatry at the University of Michigan, discussed college students' perceived barriers to mental health services and describe a new intervention designed to link these students to services.

Other speakers included: Jade Grubb, supervisor of the Crisis Text Line; Jeff Bridge, director of the Center for Suicide Prevention and Research and Glenn Thomas, director of community-based services for Behavioral Health, both at Nationwide Children's; and John Aller and Michele Boone from Stark County Mental Health and Addiction Recovery, who discussed a recent youth suicide cluster in their county.



OhioMHAS Director Mark Hurst, M.D., speaks at the fifth annual Suicide Prevention Conference on Sept. 28.

Cuyahoga County Recovery Month Billboard Campaign Illuminates Hope, Treatment and Recovery

In celebration of National Recovery Month, the Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board of Cuyahoga County launched a billboard campaign featuring 14 individuals in the Greater Cleveland community living in recovery. The billboards feature photos and quotes from individuals in recovery from a mental illness or substance use disorder who are living better lives because they sought help after a suicide attempt or for their addictions and/or mental illness. Each participant was also spotlighted on the ADAMHS Board's social media throughout the month.



"We want people to know you can do better than just survive."

Let's change the conversation about suicide.

CRISIS HOTLINE
216.623.6888

ADAMHS
BOARD OF CUYAHOGA COUNTY
ALCOHOL, DRUG ADDICTION & MENTAL HEALTH SERVICES

Jeff, 10 yrs since suicide attempt
Max, 2 yrs in recovery

"My past behaviors don't define me."

Addiction treatment works, people recover.

CRISIS HOTLINE
216.623.6888

ADAMHS
BOARD OF CUYAHOGA COUNTY
ALCOHOL, DRUG ADDICTION & MENTAL HEALTH SERVICES

Mandy, 5 yrs in recovery



2018 Rally for Recovery | Recovery advocates and allies from throughout Ohio gathered Sept. 29 at Huntington Park in downtown Columbus in celebration of Recovery Month. The Rally, hosted by Ohio Citizen Advocates for Addiction Recovery, featured live music, speakers and dozens of vendors. More than 3,000 tickets were claimed for the event. Pictured (l-r): OhioMHAS Director Mark Hurst, M.D., presents a proclamation from Gov. John R. Kasich; former professional skateboarder and cast member of MTV's *Jackass* Brandon Novak shares his story of addiction, recovery and redemption; Lynette Cashaw-Davis accepts the 2018 Sister Mary Ignatia lifetime advocacy award while comedian and emcee Mark Lundholm looks on. [More photos.](#)

OhioMHAS Awarded 5-Year, \$5M Healthy Transitions Grant

OhioMHAS has been awarded a 5-year, \$5 million SAMHSA Healthy Transitions: Improving Life Trajectories for Youth and Young Adults with Serious Mental Disorders grant. The program aims to improve access to treatment and support services for youth and young adults, ages 16-25, who have a serious emotional disturbance (SED) or a serious mental illness (SMI).

The Ohio Healthy Transitions Project (OHTP) will partner with Wingspan Care Group to serve youth and young adults in Cuyahoga and Lorain counties. Wingspan is the non-profit parent company for Bellefaire JCB, Applewood Centers and Monarch Lifeworks. Other participating organizations on this project will include: Nationwide Children's Hospital (suicide prevention), The Ohio State University College of Psychiatry and Catholic Charities.

The multi-system organizations serving the target population in these two counties will collaborate to promote awareness of the unique challenges faced by transitional-aged youth with MH and I/DD disabilities, how to address potential service gaps and improve seamless transition into adult service systems. OHTP will provide culturally representative services including a full continuum of life skills, vocational, educational and social-emotional wellness to enable youth to become healthy and productive adults. OHTP will align with and inform policy matters of the Ohio Interagency Council on Youth (OICY).

Ohio Recovery Housing Celebrates Fourth Anniversary, Growth

Ohio Recovery Housing (ORH) is celebrating four years of dedication to quality recovery housing environments for people with substance use disorders. As the Ohio affiliate of the National Alliance of Recovery Residences, ORH maintains standards of excellence for recovery housing and provides a voluntary certification for recovery homes in Ohio. ORH provides



Ohio Recovery Housing

training, technical assistance and support that increases knowledge of recovery from substance use disorders, promotes best practices and establishes recovery environments that benefit residents, operators and communities.

The organization has grown from a small alliance of dedicated operators in 2014 to a strong network of 73 organizations operating 147 homes serving more than 1,400 Ohioans every day.

ORH has been tracking outcomes through a resident survey since 2016. An analysis of the survey reveals that of those living in recovery housing for at least six months more than 75 percent are employed. When moving out, more than 80 percent of residents are moving onto independent living environments. Ninety-nine percent of residents moving out of recovery housing report that they are actively engaged in ongoing recovery activities and/or supports.

Tuscarawas County Coalition Partners with Local Faith Organizations to Host “Hope Sunday”

In recognition of Recovery Month, the Tuscarawas County Anti-Drug Coalition partnered with more than 60 local churches on Sept. 30 to bring hope to communities impacted by addiction. As part of the countywide event, the Coalition provided a **short film** featuring the testimony of a local individual who overcame addiction through the support of his church family. The Anti-Drug Coalition also provided a brief script to be use before or after the presentation, bulletin inserts that included prayer requests from the community and information on local resources. “It is critical that we rally together as a community in order to truly find a solution,” said Coalition coordinator Jodi Salvo. “We recognize that churches have the potential to reach so many and offer the Hope that is needed to win the battle.” Salvo said the Coalition is open to sharing resources (videos, pastoral scripts, bulletin inserts, etc.) with any community interested in replicating Hope Sunday. Please email jsalvo@pfcs1.org or call 330.440.7319 for more information.



2018 Recovery Conference Demonstrates the Power of Recovery



More than 1,200 Ohioans in recovery and advocates gathered in Columbus Oct. 1-2 for the 2018 Recovery Conference hosted by the Ohio Association of County Behavioral Health Authorities in partnership with OhioMHAS. To enhance the lives of persons in recovery and to strengthen and empower Ohio’s recovery community, this year’s conference featured a variety of presentations on topics such as Becoming a Peer Supporter, Client Rights, How to Tell Your Story, Workforce Readiness, How to Become a Board Member, Spirituality, and a Celebration of Recovery featuring DJ Rockin’ Reggie from Health Recovery Services in Athens. The conference also featured a job fair to assist individuals in recovery with employment opportunities. Click [HERE](#) for more photos from the conference.

News & Research Roundup

Supplemental Research Bulletin: BH Conditions in Children and Youth Exposed to Natural Disasters

While children and youth may experience disaster reactions similar to those of adults, in other ways their experience of disasters is different. Because children and youth may not yet have developed the communication skills needed to seek help in disasters and depend on adults for protection and care, they may be at higher risk for negative mental health and developmental consequences after a disaster. The Substance Abuse and Mental Health Services Administration’s **latest Supplemental Research Bulletin** reviews existing literature on behavioral health symptoms in children and youth after natural disasters, including symptoms of depression, anxiety, and post-traumatic stress. It also discusses risk and protective factors that make children more or less vulnerable to the behavioral health effects of disasters. Lastly, it describes a wide range of interventions and methodologies for supporting children and youth after natural disasters, helping to reduce negative mental health outcomes and teaching skills to increase resilience.

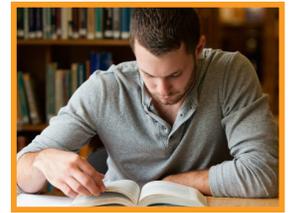
Deaths From Suicide and Substance Use Surpass Diabetes Deaths

Deaths from suicide, substance use and other forms of self injury have surpassed deaths due to diabetes in the U.S., according to a **new study**. Researchers from the Centers for Disease Control and Prevention found 29.1 people per 100,000 died from self injury, compared with 24.8 per 100,000 from diabetes in 2016. Deaths from self injury are now the seventh-leading cause of death, ABC News **reported**.

News & Research Roundup, cont.

1 in 5 College Students So Stressed He/She Considers Suicide

Among more than 67,000 students **surveyed** by researchers at Brigham and Women's Hospital in Boston, more than 20 percent said they experienced stressful events in the last year that were strongly associated with mental health problems, including harming themselves and suicidal thoughts or attempts, researchers found. The researchers found that three out of four students had experienced at least one stressful event in the previous year. And more than 20 percent experienced six or more stressful events in the past year. Among these students, 1 in 4 said he/she had been diagnosed with or treated for a mental health problem. Furthermore, 20 percent of all students surveyed thought about suicide, 9 percent had attempted suicide and nearly 20 percent injured themselves.



Rising Rates Of Alcohol Use Among Women Worry Experts

NBC's *Today* show **recently reported** that rising rates of alcohol use among women in the U.S. is prompting concern about drinking habits, with one recent study indicating rates of binge drinking increased by 17.5 percent among women between 2005 and 2012. Aaron White, biological psychologist and senior scientific adviser to the director of the National Institute on Alcohol Abuse and Alcoholism, said, "Alcohol use is increasing among women in the United States at a time when it's decreasing among men. There has been a real shift." The piece says researchers speculate that with more women "delaying marriage and children, they're extending their young adulthood — traditionally the risk period for alcohol problems — which can set a pattern of alcohol consumption patterns for years to come."

Cigarette Smoking Increases Likelihood of Drug Use Relapse

A study highlighted in *NIDA Notes* suggests cigarette smoking increases the likelihood of relapse among people in recovery from substance use disorders. Click [HERE](#) to read more.

FDA Launches "The Real Cost" Youth E-Cigarette Prevention Campaign

The U.S. Food and Drug Administration (FDA) launched ***The Real Cost Youth E-Cigarette Prevention Campaign***, a new, comprehensive effort aimed at educating young people about the dangers of e-cigarettes. The campaign targets nearly 10.7 million youth aged 12-17 who have used e-cigarettes or are open to trying them, and features hard-hitting advertising on digital and social media sites popular among teens, as well as placing posters with e-cigarette prevention messages in high schools across the nation. With its tagline, "Know the Real Cost of Vaping," the campaign aims to educate youth that using e-cigarettes, just like cigarettes, puts them at risk for addiction and other health consequences. The messages highlight that nicotine can rewire the brain to crave more nicotine, particularly because adolescent brains are still developing. Other messages highlight that e-cigarettes, among other things, can contain dangerous chemicals such as: acrolein, a chemical that can cause irreversible lung damage; formaldehyde, a cancer-causing chemical; and toxic metal particles, like chromium, lead and nickel, which can be inhaled into the lungs.



New Behavioral Health Resources Available for First Responders

In a recent national survey of firefighters and emergency medical services personnel, 19 percent reported having had thoughts of suicide, 27 percent reported having struggled with substance use issues and 81 percent said they feared being seen as weak or unfit for duty if they asked for help. In response, the Substance Abuse and Mental Health Services Administration has developed several new resources to help first responders cope with behavioral health issues.

Service to Self: Behavioral Health for Fire and EMS Personnel — This new, online training course includes videos featuring emergency medical technicians and fire personnel, scenarios and interactive quizzes. The course addresses occupational stressors; mental health and substance use issues including depression, post-traumatic stress disorder, suicidality and alcohol use; resilience; and healthy coping mechanisms including demonstrations of stress-management techniques.

The Dialogue: Effects of Trauma on First Responders — This issue highlights the challenges first responders experience through all phases of disaster response — the visible and obvious, and the veiled.

Supplemental Research Bulletin: First Responders — Behavioral Health Concerns, Emergency Response and Trauma — This issue focuses on behavioral health issues experienced by first responders. It also explores risk and protective factors, as well as interventions to reduce behavioral health risks and foster resilience.

Training Opportunities

QPR Instructor Training

With funding support from OhioMHAS, the Ohio Suicide Prevention Foundation will cover the \$495 instructor training fee for up to two members of local suicide prevention coalitions/LOSS teams/Organizations to become certified Question-Persuade-Refer (QPR) instructors. QPR is an evidence-based Suicide Prevention Gatekeeper Training that is designed to provide community members with the skills to recognize someone at risk of suicide, ask if that individual is having thoughts of suicide and connect him/her with mental health providers. All individuals who become certified QPR instructors must commit to hosting one QPR training in their community before June 30, 2019. Click [HERE](#) to apply for the training.

MAT Symposia for Criminal Justice Professionals

As part of the [21st Century CURES Act](#), OhioMHAS is sponsoring 10 Medication-Assisted Treatment (MAT) Symposia for criminal justice professionals. The opportunities offer free training on the nature, application, efficacy and implementation of MAT. Trainings are hosted by Moore Counseling and Mediation Services, Inc. Workshops have been approved for (6) CLEs and CEUs. Click [HERE](#) for the full training schedule and [HERE](#) to register.

Substance Abuse Prevention Skills Training — Oct. 16-19

As part of its ongoing commitment to providing training, technical assistance and mentoring in alignment with Ohio's SPF-PFS priorities, the Ohio Coaches and Mentoring Network is hosting a Substance Abuse Prevention Skills Training (SAPST) Oct. 16-19 in Columbus. The SAPST is designed to provide an understanding of the discipline of prevention of alcohol, tobacco and other drug abuse as it relates to communities, providers and volunteers. Five hour of online pre-work is required to complete the training. Cost is \$100. [Scholarships](#) are available. Class size is limited to 20 participants. 28 Prevention CEU hours are available upon completion. Click [HERE](#) to register.

Ohio Council's 2018 Annual Conference and Exhibit Hall — Oct. 18-19

Save the Date! The Ohio Council of Behavioral Health & Family Services Providers will hold its [Annual Conference & Exhibit Hall](#) Oct. 18-19 at the Marriott Columbus — University Area. Questions? Please contact Brenda Cornett at 614.228.0747 or email cornett@theohiocouncil.org.

2018 Forensic Conference — Oct. 25

OhioMHAS will host the [2018 Forensic Conference](#) "Assessment and Treatment of People with Intellectual Disabilities in the Forensic System" on Oct. 25 at the OCLC Dublin. This year's conference highlights the growing collaboration between OhioMHAS and the Ohio Department of Developmental Disabilities regarding people with intellectual disabilities who are involved in Ohio's forensic system. The conference speakers will address a number of issues regarding assessment and treatment. Keynote speaker Marc Tasse, Ph.D., will present "Making an Intellectual Disability Determination: What Do You Need to Know?" The conference will also feature sessions on forensic assessment and ID, a legal update and a judge and attorney panel. Cost is \$145. Click [HERE](#) to register.

PromMedica 22nd Annual Psychiatric Symposium — Nov. 2

ProMedica will host its 22nd Annual Psychiatric Symposium Nov. 2 at the Hilton Garden Inn in Perrysburg. The conference will feature sessions on motivational interviewing, substance use disorders, violence risk assessment and duty to protect, mass shooters—what we know and what we don't know, and management of psychiatric and behavioral problems in dementia and Parkinson's disease. This training is intended for psychiatrists, neurologists, family practitioners, internists, hospitalists and residents. Cost is \$90 and includes meals and materials. For more information email diane.monaghan@promedica.org.

Fifth Annual Current Concepts in Integrated Healthcare Conference — Nov. 3

Northeast Ohio Medical University, in partnership with the Ohio Osteopathic Association, Cardinal Health Foundation, County of Summit ADM Board, Summit County Public Health, Oriana House and OhioMHAS will present the [Fifth Annual Current Concepts in Integrated Health Care Conference](#) Nov. 3 at the Hilton Akron Fairlawn Hotel & Suites. This interprofessional event is designed for physicians, psychologists, pharmacists, nurse practitioners, nurses, physician assistants, social workers, chemical dependency counselors and anyone interested in mental health, substance abuse and addiction. Cost is \$65. Questions? Contact csmith14@neomed.edu.

Training Opportunities, cont.

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.

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.



**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.**