



## Hundreds of Students Rally for Prevention at Ohio Statehouse

About 2,000 Ohio middle and high school students marched in downtown Columbus on April 30 as part of the 8th annual We Are the Majority rally (WATM Rally) to celebrate healthy lifestyles and advocate for youth-led prevention.

The WATM Rally is an annual event by Prevention Action Alliance (PAA) with funding from the Ohio Department of Mental Health & Addiction Services (OhioMHAS). It raises awareness that the vast majority of young people do not use drugs or alcohol.

Ohio Governor Mike DeWine took to the stage at the rally to encourage teens to make their voices heard, noting substance abuse education and prevention plays a key role in fighting the state's opioid epidemic. Prior to his remarks, he mingled with students and took selfies.

"They're carrying a message that look we're in the majority," Gov. DeWine told reporters. "A majority of kids do not do drugs. I think that's a pretty powerful message."

According to government officials and event organizers, the rally creates a community for young people who choose not to use drugs, and it celebrates those healthy choices.

"Adolescence is a critical time to prevent drug addiction," said OhioMHAS Director Lori Criss. "Research tells us that early use of alcohol, nicotine and other drugs greatly increases a young person's chances of becoming addicted. The good news is we know prevention works. Spreading this message among strong youth leaders and their peers is imperative to create positive change at the community level."

More than 120 organizations brought almost 2,000 youth from 75 cities to the rally to hear that message and create that positive change, according to Harim C. Ellis, director of the Ohio Youth-Led Prevention Network (OYLPN) at PAA.

"This event proves young people can get excited and organize around positive behaviors and identities," Ellis said. "The We Are the Majority rally celebrates the fact that the majority of young people aren't using drugs and alcohol and are making positive decisions. It lets young people know that they're not alone when they choose not to use drugs."

Ellis said the rally was planned and led by the OYLPN Youth Council, which is comprised of 10 teen leaders from across Ohio. One of those teens, Jade Eilers, said substance misuse is an issue close to her and has made it part of her platform as Miss Teen Ohio International.

"Almost 20 million Americans have a drug addiction, and several of my family members add to that number," Eilers said. "Twenty million is a big number, but we also have a big number here today who don't use and are making the right choice by doing so. By being the majority today and everyday, we are focusing on good choices and positive habits to create a better future ... We are the majority, and we are here to encourage others to be a part of the positive majority."

Click [HERE](#) to view more photos from the rally on the OhioMHAS Flickr page.

**May is Mental Health Month**

Join OhioMHAS in observing Mental Health Month on social media using the hashtag **#MayHopeCope**.





A brief recap of some of Dir. Criss' April activities:

- 4.2 Spoke at the Ohio Recovery Housing Conference.
- 4.4 Participated in a University of Cincinnati panel discussion on opioids along with author J.D. Vance and *Cincinnati Enquirer* reporter Terry DeMio.
- 4.7-9 Along with RecoveryOhio Director Alisha Nelson, attended the National Governors Association Opioid Summit for New Administrations in Washington, D.C.
- 4.11 Along with Director Nelson, provided remarks at the quarterly OACBHA membership meeting in Loudonville.
- 4.12 Attended Joint Meeting of the Ohio Interagency Workgroup on Autism and Employment First Task Force.
- 4.17 Participated in a press conference with Governor DeWine on youth vaping and Tobacco21 legislation.
- 4.19 Spoke at the Ohio Opioid Education Alliance member meeting.
- 4.23 Provided remarks at the Ohio Children's Alliance annual conference.
- 4.25 Provided budget testimony before the Senate Finance Committee.
- 4.30 Along with Governor DeWine, participated in the 8th annual "We Are the Majority" youth rally at the Ohio Statehouse.
- 4.30 Testified before the House Finance Committee.



## \$65.9M Study Aims to Reduce Overdose Deaths by 40 Percent

On April 18, Governor Mike DeWine announced Ohio's participation in a new \$65.9 million study aimed at reducing the overdose death rate by 40 percent over three years. The **HEALing Communities Study** is being funded through a partnership initiative by the National Institute on Drug Abuse and the Substance Abuse and Mental Health Services Administration.

"By participating in the HEALing Communities Study, Ohio can expand its efforts to address the substance use crisis that is taking a toll on families across the state in a comprehensive, collaborative way," said Gov. Mike DeWine.

"The study joins my RecoveryOhio initiative with several of our state's universities to improve and evaluate our state's community-level infrastructure with the goal of reducing overdose deaths, encouraging treatment, and supporting recovery for all Ohioans."

Working in collaboration with state and local agencies, The Ohio State University and the University of Cincinnati are leading a coalition of universities including Case Western Reserve University, Ohio University, the University of Toledo and Wright State University, along with Nationwide Children's Hospital, to test proven prevention and treatment interventions. Ohio is one of four states hard-hit by the opioid epidemic, that is participating in this study. Nineteen counties were selected at random to participate, including: Allen, Ashtabula, Athens, Brown, Cuyahoga, Darke, Franklin, Guernsey, Greene, Hamilton, Huron, Jefferson, Lucas, Morrow, Ross, Scioto, Stark, Williams and Wyandot.

To address the mental health and substance use public health crisis in Ohio, Gov. DeWine created the RecoveryOhio initiative to coordinate and improve prevention efforts, increase access to treatment and advocate for proven recovery supports in the state.

The RecoveryOhio Advisory Council recently released its **initial report** that provides 75 actionable recommendations to better address the public health crisis in Ohio.

## Governor DeWine Joins Cabinet Leaders, Health Experts to Issue Warning on e-Cigarettes and Vaping, Highlight Proposal to Raise Ohio Tobacco Age to 21

Governor Mike DeWine has called for an increase of the age to purchase tobacco and vaping products in Ohio to 21. The governor discussed the increase at an April 17 press conference at Nationwide Children's Hospital during which he and health experts issued a warning parents that vaping is not a safer alternative to smoking for their teens.

"E-cigarette marketers are convincing some people that their product is a safer alternative than smoking, and that's simply not the case," said Gov. DeWine. "With sleek, fun packaging and flavors like 'candy crush' and 'watermelon wave,' these products are clearly being marketed to kids. We should work to ensure kids don't start using e-cigarettes in the first place. It is our duty to warn parents of the risks of e-cigarettes and help families realize the long-term consequences of vaping may be no safer than smoking."

Each day, an estimated 350 young people in the U.S. under the age of 18 become regular, daily smokers, while the rate of e-cigarette use among high schoolers is increasing. From 2017 to 2018, the rate increased from 11.7 percent to 20.8 percent, an increase of 78 percent. More than 3 million high school students have used e-cigarettes in the past month.

"We are seeing an explosive increase in vaping among our youth, and it's not safe safe for young people," said Ohio Department of Health Director Amy Acton, M.D., M.H.P. "Most e-cigarettes contain nicotine, which is highly addictive and can harm adolescent brain development. E-cigarette aerosol also can contain other harmful and potentially harmful substance including cancer-causing chemicals, heavy metals like lead and chemical flavorings linked to serious lung disease."

About 95 percent of adult smokers began smoking before age 21, and about 80 percent tried it before age 18. While less than half (47 percent) of adult smokers became regular, daily smokers before age 18, four out of five did so before age 21. This means the 18-21 age range is a time when many people who experiment with tobacco transition to regular smoking.



**OhioMHAS Director Lori Criss talks about the dangers of youth vaping. Also pictured: Governor Mike DeWine, Ohio Department of Health Director Amy Acton, M.D. and Dublin Coffman High School Student Maddy Mayer.**

In response, Gov. DeWine's 2020-21 budget includes a proposal to increase the legal age to purchase tobacco and alternative nicotine products from 18 to 21. The proposal has the support of the Ohio Children's Hospital Association and the Ohio chapter of the American Academy of Pediatrics. "The impact of nicotine on a developing brain causes young people to become addicted much more swiftly than an adult," said OhioMHAS Director Lori Criss. "Increasing the minimum age to purchase cigarettes and e-cigarettes will increase the age that people have their first cigarette and reduce the likelihood they will become long-term smokers."

## Former State Rep. Sarah LaTourette to Lead Ohio Family and Children First Council

Governor Mike DeWine this month announced the appointment of former Rep. Sarah LaTourette to serve as executive director of **Ohio Family and Children First** (OFCF).

LaTourette served three terms representing the people of Ohio's 76th House District which includes most of Geauga and northern Portage Counties. During her time in the legislature, she focused on advancing legislation to help Ohio's most vulnerable youth and served as the co-chair of the **Joint Committee on Multi-System Youth** during the 131st General Assembly.

For her work improving the lives of Ohio's children, Rep. LaTourette has earned the Public Children Services Association of Ohio's Gayle Channing Tenenbaum Legislator of the Year Award, the Ohio Alliance of Boys and Girls Clubs Legislative Champion Award, and the Ohio Children's Trust Fund's Everyday Ohio Hero Award.

OFCF is a partnership of state and local government entities, advocates and families that work to enhance the well-being of children and families by coordinating services, building capacity and engaging families.



## State Health Officials Warn of Hepatitis A Outbreak

Ohio is experiencing a statewide outbreak of hepatitis A among certain high-risk populations. From January 1, 2018, to April 29, 2019, there have been 2,178 confirmed cases of this disease in Ohio.

Visit the the Ohio Department of Health (ODH) [website](#) to see statewide data by county. ODH updates this information every Monday.

Hepatitis A is a liver disease that usually spreads when a person ingests fecal matter — even in microscopic amounts — from contact with the stool of an infected person. The disease is spread by close personal contact with an infected person.

Symptoms of hepatitis A include dark urine, yellow skin or eyes, light colored stools, fatigue, low appetite, stomach pain, diarrhea and nausea. People with hepatitis A can experience mild illness lasting a few weeks to severe illness lasting several months.

Those at highest risk in this outbreak include:

- People who use drugs, either injectable or non-injectable
- People experiencing homelessness
- Men who have sex with men
- People who are or have recently been incarcerated

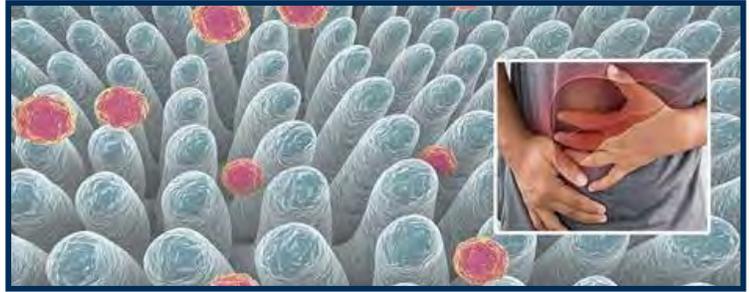
- People with chronic liver diseases

Vaccination is the best way to prevent this disease from spreading. One dose is more than 95

percent effective at protecting people from the disease. The Centers for Disease Control and Prevention (CDC) and ODH recommend vaccinating those in the high-risk populations upon intake. Local health departments can provide vaccine to the at-risk populations at no cost. ODH officials urge you to collaborate with your local health partners to identify these individuals and ensure they are vaccinated. Local health departments in Ohio can be located [HERE](#).

If your facility has the capacity to store and administer vaccine, ODH provides free outbreak vaccine to approved health care facilities interested in protecting at-risk individuals from hepatitis A disease. Contact the ODH Immunization Program at 800.282.0546 for more information about this opportunity.

Assessing clients for symptoms of the disease is important. If a client is



symptomatic, he/she should be evaluated by a medical provider. It is not recommended to test asymptomatic people for hepatitis A, even on intake screenings. If a person in your facility is identified as an active case of hepatitis A, work with your partners in the local health department in your jurisdiction to identify contacts and determine who may require post-exposure vaccination.

Promoting prevention activities will help ensure hepatitis A does not spread in your facility. Educate your staff and clients about effective hand washing. ODH encourages you to share educational materials such as the ODH hepatitis A [poster](#) with staff and clients.

For questions, please contact your local health department or the ODH Bureau of Infectious Diseases at 614.995.5599.

## SE Regional TIC Training Held

The Southeast Regional Trauma-Informed Care Collaborative held a one-day conference on April 12 on *Beyond the Basics: Growing a Trauma-Informed Community*. Attendees included peers, behavioral health providers, school personnel, health professionals and law enforcement. Cheryl S. Sharp, MSW, ALWF, exclusive consultant to the National Council for Behavioral Health Trauma-Informed Services and Suicide Prevention Efforts (pictured second from left), provided keynote remarks.

As part of the trauma-informed care (TIC) team, Sharp works nationally to facilitate TIC Learning Communities and is a content expert on trauma, resilience and TIC implementation. She is a person in long-term recovery and a nine-time suicide attempt survivor who believes that understanding what happened to people changes the conversation from what is wrong with them.

The conference also provided a number of breakout sessions of trauma-informed approaches to community building using a comprehensive, multi-stakeholder approach to



support and strengthen traumatized and distressed residents and communities and address the effects of unresolved trauma such as violence, poverty, homelessness, social isolation and racism.



## Cabinet Directors Observe April as Autism Awareness and Acceptance Month by Learning About Ohio's Interagency Workgroup on Autism

On April 12, the [\*Interagency Workgroup on Autism\*](#) (IWGA) and the [\*Employment First Task Force\*](#) (EFTF) held its second joint meeting to celebrate **April as Autism Awareness and Acceptance Month** and to inform new cabinet members on the group's continuing collective work.

The workgroup, which is under the leadership of the Ohio Department of Developmental Disabilities (DODD), focuses on improving the coordination of the state's efforts to address the service needs of individuals with autism spectrum disorders and their families. The group meets monthly to

review state policies, learn from current research and data, share learning, and identify opportunities to better communicate and coordinate policy impacting the lives of individuals with autism spectrum disorder (ASD).

Joining members of the task force were (pictured above, l-r): Opportunities for Ohioans with Disabilities Director Kevin Miller,

Ohio Department of Medicaid Director Maureen Corcoran, OhioMHAS Director Lori Criss, Ohio Department of Developmental Disabilities Director Jeff Davis and Rebecca Furbay, associate director of the Office of Exceptional Children with the Ohio Department of Education.

The meeting grew out of the 2018 [\*Pursuing Quality Lives report\*](#). One recommendation from that report was that strategic planning for employment of individuals with developmental disabilities must also meet the unique characteristics of individuals with autism.



## Governor DeWine Forms RecoveryOhio Minority Health Working Group to Addressing Increasing Overdose Rates

Governor Mike DeWine this month announced the creation of a new RecoveryOhio Minority Health Working Group. The announcement comes on the heels of a new report from the Ohio Department of Health showing a troubling increase in the rate of overdose deaths among minority populations. The [\*Ohio Drug Overdose Data: Demographic Summary\*](#) shows that in 2017, black, non-Hispanic males had the highest overdose death rate in Ohio.

"One of the RecoveryOhio Advisory Council's Initial Report recommendations was to convene a focus group to review the impact of Ohio's mental illness and addiction services on every Ohio resident, and that's exactly what we are doing," said Gov. DeWine. "This report reinforces the fact that we need to ensure that we are serving all Ohioans with mental illness and substance use disorder, regardless of their racial, ethnic, geographic and socio-economic differences."

"Ohio's preliminary 2018 data continues to show that African American men have the highest overdose death rate in the state," said Ohio Department of Health Director Amy Acton, M.D. "Analyzing these types of trends will help state and local initiatives in combatting mental health and substance use disorders and preventing overdoses and overdose deaths by suggesting where new resources could have a greater impact."

In the coming months, the working group will hear from those impacted by mental health and substance use disorders from across the state to learn about their concerns regarding disparities in prevention, early intervention, treatment and recovery supports. The RecoveryOhio Minority Health Working Group will then develop solutions to resolve these discrepancies and ensure the state has the tools needed to provide culturally appropriate services to meet the needs of all Ohioans.

The group is comprised of state and community leaders. Initial members include: Stephen Massey, Citi Lookout; Ronald C. Todd, II — Minority Affairs Liaison, Office of the Governor; Johnnie (Chip) Allen, Ohio Department of Health; Director Lilleana Cavanaugh, Latino Affairs Commission; Pastor John Coates, Interdenominational Ministerial Alliance; Richard Confer, Recovery Works; John Gregory, National Center for Urban Solutions; Ray Jones, The Jones Company of America; Dr. Navdeep Kang, Mercy Health Systems; Pastor Cornell Lewis, Expanding Visions Ministries; Dr. Abdullahi Murbarak, Hartland Therapeutics; Director Alisha Nelson, RecoveryOhio Initiative; Director Michele Reynolds, Governor's Office of Faith-Based and Community Initiatives; Shane Satterfield, City of Cincinnati and Mike Ward, Cornerstone Project. Members will continue to be added as the group begins its work.



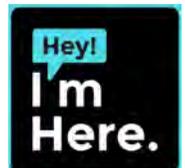
*(l-r) OhioMHAS Director Lori Criss speaks during the 14th Annual Resiliency Ring at the Ohio Statehouse on May 9. Youth, parents and advocates lock hands to show support for children's mental health.*

## 14th Annual Resiliency Ring Highlights Children Mental Health

Ohio ushered in May as Mental Health Awareness Month with the 14th Annual Resiliency Ring at the Ohio Statehouse. Youth groups, school groups, parents, families and advocates from throughout Ohio joined together May 9 to bring attention to suicide prevention, school-based services and mental wellness.

The **Resiliency Ring** was sponsored by YouthMOVE Ohio, in partnership with the National Alliance on Mental Illness — Ohio Chapter, Ohio Suicide Prevention Foundation and OhioMHAS. Attendees heard remarks from several youth leaders, parents, Mahoning County Juvenile Court Judge Teresa Dellick, Rep. Thomas West (D-Canton), Rep. Scott Lipps (R-Franklin) and OhioMHAS Director Lori Criss.

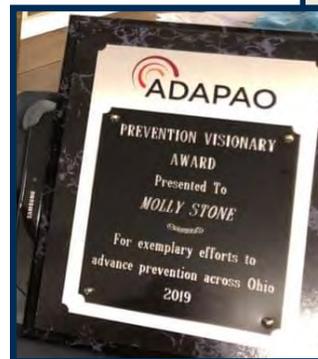
State officials used the spotlight to launch the new “Hey, I’m Here” **campaign**. The goal of the campaign is to drive the conversation about mental health and substance use disorders on digital platforms. **Hey, I’m Here** was created by and for young people who are engaged in creating online safe spaces to share stories, offering encouragement and helping others find **resources** available to them in Ohio. Find the campaign on Facebook and Twitter @heyimhereohio. The campaign is an outgrowth of the Engaging the New Generation to Achieve Goals Through Empowerment (ENGAGE) 2.0 efforts to expand the system of care for transition-age youth and young adults.



## OhioMHAS Prevention Chief Honored With ADAPAO's 2019 Visionary Award

The Alcohol and Drug Abuse Prevention Association of Ohio (ADAPAO) presented its 2019 Visionary Award to OhioMHAS Prevention Services Chief Molly Stone. The award, which was presented during ADAPAO's annual conference in Columbus on May 2, recognizes leaders in the field for their “exemplary efforts to advance alcohol, tobacco and other drug prevention in Ohio.”

The conference featured a keynote address by OhioMHAS Director Lori Criss, as well as workshops and dialogue on key prevention issues aimed at both new and veteran prevention professionals. More than 200 prevention professionals were in attendance. Click **HERE** to learn more.



## Events Highlight Ohio In-Demand Jobs Week

Communities and organizations throughout Ohio held special events May 6-10 to mark ***In-Demand Jobs Week***. The week is a statewide celebration of jobs, industries and skills that are in-demand in Ohio. OhioMHAS participated in two such events — a job fair for health care professionals in northwest Ohio and a visit to a Dayton-area provider that helps homeless teens and young adults get back on their feet through employment opportunities.

On May 7, OhioMHAS Director Lori Criss joined with staff from Northwest Ohio Psychiatric Hospital, Zepf Center and other local health care providers for a panel discussion and job fair designed to recruit new workers into the behavioral health care field. The Toledo event was hosted by Ohio Means Jobs — Lucas County. [View](#) more photos.

On May 8, OhioMHAS Assistant Director for Community Planning and Collaboration Alisia Clark joined Sandra Brasington, Governor Mike DeWine's Southwest Ohio Regional Liaison, and Helen Jones-Kelley, executive director of the Alcohol, Drug Addiction and Mental Health Services Board of Montgomery County to learn how ***Daybreak*** is helping young people transcend homelessness, mental illness and addiction through employment. Daybreak runs ***Lindy & Company*** gourmet dog treat bakery, a work-readiness training program that helps prepare young people for the workforce.

Attendees heard from Clark, Brasington and Jones-Kelley in addition to Daybreak CEO Linda Kramer and Employment Program Coordinator Kathy Hooks. Jay, a young man in recovery, who helps manage the bakery noted, "A year and a half ago, I was not in the place I am now. I was homeless. I was living in abandoned houses and I was a full-blown heroin addict. Life was not easy. I had undiagnosed depression and anxiety." Nearly one year into recovery, the 24-year-old has worked his way up to being a lead employee. "It's amazing to me. I've never been a lead anywhere in my life," he said, sharing that he wants to become an addictions counselor. [Watch](#) the press conference. [View](#) photos.



***OhioMHAS Director Lori Criss participates in a panel discussion about health care jobs in Toledo.***



***Above, Sandra Brasington, Southwest Ohio Regional Liaison for Governor Mike DeWine speaks at the Dayton In-Demand Jobs Week event hosted by Daybreak. At right, workers at the Lindy & Company bakery demonstrate how they make gourmet dog treats.***



### Northeast Ohio Auto Dealership Helps Recovery Association with Donation

Congratulations to the Northern Ohio Recovery Association (NORA), which received a \$30,000 donation from Ganley Subaru of Bedford as part of the dealership's "Love Promise" donation program. NORA is a community-based substance abuse prevention and peer recovery support organization that provides culturally relevant chemical dependency services with dignity and respect to youth, adults, and families in Northeast Ohio. Founded in 2004, in Cleveland, NORA supports and provides prevention, treatment and recovery in Cuyahoga, Lorain and Summit counties.

## News & Research Roundup

### HPIO Releases Ohio Medicaid Basics 2019

The Health Policy Institute of Ohio has released [Ohio Medicaid Basics 2019](#). This publication provides a foundational summary of the program, including an overview of Medicaid eligibility, enrollment and financing. This edition also includes an update on Medicaid expansion enrollment trends and spending.

### Prevention Resource Guide for Educators

The Office of National Drug Control Policy recently released the [Substance Use Prevention: A Resource Guide for School Staff](#) which provides an overview of federal resources that educators can use to identify and address substance use disorders in students.

### CDC Report: Increase in Alcohol Use and Binge Drinking among Pregnant Women

In a [new Morbidity and Mortality Weekly Report](#), CDC researchers found that about 1 in 9 pregnant women reported drinking alcohol in the past 30 days. Among pregnant women, about one third who reported consuming alcohol engaged in binge drinking. Researchers noted that efforts to expand implementation of community-level interventions and universal alcohol screening and brief counseling might decrease the prevalence of drinking during pregnancy.



### NIH-Supported Study: Release of “13 Reasons Why” Associated with Increase in Youth Suicide Rates

The Netflix show “13 Reasons Why” was associated with a nearly 30 percent increase in suicide rates among U.S. youth ages 10-17 in the month following the show’s release, after accounting for ongoing trends in suicide rates, according to a [study](#) published in *Journal of the American Academy of Child and Adolescent Psychiatry*. The findings highlight the necessity of using best practices when portraying suicide in popular entertainment and in the media. Click [HERE](#) to view media guidelines developed by OhioMHAS in partnership with Nationwide Children’s Hospital and Ohio University’s E.W. Scripps School of Journalism.

### Number of Children in ER After Suicide Attempts Doubles



The number of children and teens in the U.S. who visited emergency rooms for suicidal thoughts and suicide attempts doubled between 2007 and 2015, according to this new study. From a sampling of 300 emergency rooms, the researchers tracked the number of children between 5 and 18 who received a diagnosis of suicidal ideation or suicide attempts each year. Diagnoses of either condition increased from 580,000 in 2007 to 1.12 million in 2015, according to the [study](#), published in *JAMA Pediatrics*. The average age of a child at the time of evaluation was 13, and 43% of the visits were in children between 5 and 11. Possible reasons for the big increase include stress passed down from parents and caregivers, the rise of social media, and increasing rates of cyberbullying.

### Suicide Prevention Resources for Faith Leaders

To better equip leaders of all faiths with life-saving skills to prevent suicide, the National Action Alliance for Suicide Prevention ([Action Alliance](#)) and its [Faith Communities Task Force](#), recently released [Suicide Prevention Competencies for Faith Leaders: Supporting Life Before, During, and After a Suicidal Crisis](#). This new resource aims to provide faith leaders with feasible, practical, research-based actions they can adopt immediately to help save lives and restore hope in faith communities nationwide. The competencies, informed by leaders from diverse faith communities and experts in the suicide prevention field, help to integrate and coordinate suicide prevention across sectors and settings, like faith-based organizations and places of worship, a goal of the Action Alliance’s [National Strategy for Suicide Prevention](#).

### New SAMHSA Publication Offers Guidance on Inappropriate Use of Antipsychotics

SAMHSA recently released a new brief, [Guidance on Inappropriate Use of Antipsychotics: Older Adults and People with Intellectual and Developmental Disabilities in Community Settings](#). The brief is intended primarily for physicians and other prescribers as well as support staff, administrators, and caregivers working with people with dementia and intellectual and developmental disabilities (IDD) in community settings. To reduce inappropriate prescribing, this brief reviews non-pharmacologic behavioral approaches and strategies to avoid and reduce prescribing of antipsychotics whenever possible.





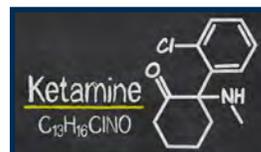
## News & Research Roundup, cont.

### A Practical Guide to Psychiatric Advance Directives

SAMHSA has recently released [A Practical Guide to Psychiatric Advance Directives](#) in its [Evidence-Based Practices Resource Center](#). The report provides background and practical information to those interested in promoting the use of PADs as a tool for promoting self-directed care in psychiatric treatment, making progress toward parity in mental health treatment. It also supports crisis planning and the rights of persons who live with mental illness.

### Ketamine Reverses Neural Changes Underlying Depression-Related Behaviors in Mice

Researchers have identified ketamine-induced brain-related changes that are responsible for maintaining the remission of behaviors related to depression in mice – findings that may help researchers develop interventions that promote lasting remission of depression in humans. The [study](#), funded by the National Institute of Mental Health (NIMH), part of the National Institutes of Health, appears in the journal *Science*.



### Nationwide Essay Contest Challenges High Schoolers to Be Frank About Mental Health

The National Institutes of Health is inviting students ages 16 to 18 years old to participate in the [“Speaking Up About Mental Health!”](#) essay contest. Essays should explore ways to address the stigma and social barriers that adolescents from racial and ethnic minority populations may face when seeking mental health treatment. The deadline for entries is May 31. Learn [more](#).

### Federal Human Trafficking Report

The Human Trafficking Institute released the [2018 Federal Human Trafficking Report](#) which summarizes federal human trafficking case information from 2018, and includes data from 2000-2001 (when the Trafficking Victims Protection Act was enacted) and 2007-2008 (the first two years of the Human Trafficking Prosecution Unit).

### Drug Poisoning Death Rates Rise in Teens and Young Adults

A new study shows that Drug poisoning death rates among teens and young adults are increasing. The rates among people ages 15 to 24 rose from 8.1 per 100,000 people in 2006, to 9.7 in 2015, the researchers reported in the [Journal of Studies on Alcohol and Drugs](#). The death rate from opioids in this age group increased 4.8 percent on average annually from 2006 to 2015, but jumped 15.4 percent a year between 2013 and 2015. Most of the deaths involved opioids, both prescription medications and illicit drugs such as heroin.

### Many Teens Unaware of Nicotine Content in E-Cigarettes

A new study finds many teens who use e-cigarettes mistakenly think they are only vaping non-nicotine products, [HealthDay](#) reported recently. Researchers surveyed 517 people ages 12 to 21 about their use of e-cigarettes, traditional cigarettes and marijuana. They then compared the survey results against the results of urine tests that detect a chemical called cotinine, which is a marker for the presence of nicotine. About four of every 10 participants who said they vaped only non-nicotine products were found to have cotinine markers in their urine, the researchers report in [Pediatrics](#).



### FDA Mandates Label Changes to Opioids to Help Ensure Safe Tapering



The U.S. Food and Drug Administration (FDA) [announced](#) that it will require label changes for all opioid analgesics to guide clinicians when safely tapering the drugs in patients who are physically dependent on them. The agency says it's received reports of serious harms when opioids are discontinued abruptly, including uncontrolled pain, psychological distress and suicide. The label update advises clinicians to not stop opioids suddenly and to individualize a patient's tapering schedule so that the following are taken into account: the opioid dose, the length of treatment, the type of pain, and the patient's physical and psychological characteristics. The agency notes that while one taper schedule can't fit all, in general clinicians should taper the medication by no more than 10 percent to 25 percent every two to four weeks.

# Training Opportunities

## DEA-X Waiver Trainings

OhioMHAS has added additional **DEA-X waiver trainings**. This free, 1.5 day training is open to all physicians, nurse practitioners and physician assistants who hold an Ohio license and a current DEA number. Residents, PA and NPA students may also attend the training. Physicians who attend the training, obtain their waiver, and fulfill reimbursement criteria will receive \$1,300. Nurse practitioners and physician assistants who attend the training, complete an additional online component, obtain their waiver and fulfill reimbursement criteria will receive \$750. Attendees will also receive free CMEs. OhioMHAS has awarded a grant to ASAM to provide trainers for the first day of the waiver training. The second day focuses on implementation of MAT into practice. For the second day there will be a waived physician speaking on implementation of MAT into practice and answering any questions, an OhioMHAS training officer will present information on SBIRT and motivational interviewing, and a local provider will present referral to treatment information. Click [HERE](#) for upcoming dates and locations.

## New E-Based Academy Course: Fundamentals of Prevention of Opioid Abuse and Dependence

The **Fundamentals of Prevention of Opioid Abuse and Dependence course** is now live on the **E-Based Academy**. This course covers prevention approaches and strategies with a focus on the Strategic Prevention Framework (SPF) and highlights many opioid prevention programs in Ohio, identifies evidence based practices and reviews the basics of prevention science. Courses are approved for a maximum of 23.0-hour AMA PRA Category 1 Credits™ toward the AMA Physician's Recognition Award for completing this CME activity. CEs are also available for RNs, LPNs, Counselors, Social Workers, and Psychologists.

## Regional Maternal Opiate Medical Supports Plus (MOMS+) Meetings

The Ohio Perinatal Quality Collaborative (OPQC) is working on a quality improvement project – Maternal Opiate Medical Supports Plus (MOMS+) – with 28 obstetrical sites across the state regarding care of pregnant women with opioid use disorder. As a result OPQC will host six regional, half-day sessions in May and June. Medication-Assisted Treatment providers are encouraged to attend. Learn more and register by clicking the links below. Please contact OPQC Project Specialist Cole Jackson at [cole.jackson@cchmc.org](mailto:cole.jackson@cchmc.org) with questions.

May 14 | 12:30-4:30 p.m. | [Southeast](#) (Athens)

May 30 | 12:30-4:30 p.m. | [Southwest](#) (Cincinnati)

May 22 | 12:30-4:30 p.m. | [West Central](#) (Dayton)

June 3 | 12:30-4:30 p.m. | [Northeast](#) (Cleveland)

May 23 | 12:30-4:30 p.m. | [Northwest](#) (Sylvania)

June 4 | 12:30-4:30 p.m. | [Central](#) (Columbus)

## Athens Photo Project Open House — May 17

The **Athens Photo Project** (APP), 434 W. Union St., Athens, invites the community to an open house to celebrate its newly renovated art studio on May 17 from 5-7 p.m.. The studio is home to APP and will serve as a hub for peer-driven arts and wellness programs in southeast Ohio. The open house will feature live music, light refreshments, a studio dedication and photograph's from APP's juried exhibit, *Familiar Places*. The exhibit will be on view May 17-24.

## Raising Student Voice and Participation — May 21

Northeast Ohio Medical University Ohio Program for Campus Safety and Mental Health invites will host its fourth conference, **Raising Student Voice and Participation** on May 21 at the Quest Conference Center in Columbus. Alison Malmon, founder and director of Active Minds, a nonprofit organization dedicated to raising mental health awareness on college campuses, will provide keynote remarks. Click the link for more information and to register.

## Introduction to FASD: Comorbidity, Red Flags and Interventions — May 21

Ohio's Statewide Steering Committee on Fetal Alcohol Spectrum Disorders (FASD) will host a free **An Introduction to FASD: Comorbidity, Red Flags and Interventions** training on May 21 from noon-2 p.m. at the Lorain County Transportation Center in Elyria. CEUs have been applied for. Please contact [alexis.martin@odh.ohio.gov](mailto:alexis.martin@odh.ohio.gov) with questions.

## 2019 Peer Recovery Support Conference – June 3-4

OhioMHAS will host the 2019 Peer Recovery Support Conference June 3-4 at the Crowne Plaza Columbus North – Worthington. This training is open to all persons in recovery, peer staff and volunteers. A limited number of Community Family Partnership Team (CFPT) **scholarships** are available for individuals (who live more than 50 miles outside Columbus) who would like to secure a hotel room for the conference. Please submit applications to [Sharon.fitzpatrick@mha.ohio.gov](mailto:Sharon.fitzpatrick@mha.ohio.gov). Attendees who plan to attend both days of the conference will need to register for both **Day One** and **Day Two**.

## Training Opportunities, cont.

### Assessing Lethality within Problem Gambling — June 6

OhioMHAS is sponsoring a northeast Ohio training session on “Assessing Lethality within Problem Gambling,” from 1-4 p.m. on June 6 in Mentor. This free training hosted by Lake Geauga Recovery Centers and coordinated by Recovery Resources. The training will cover the correlation between gambling disorder and suicidal ideation. Participants will hear from experts in the field and a personal story from a recovery speaker. This free training includes three CEUs and certification in the evidence-based suicide prevention program “QPR: Question, Persuade, Refer.” Click [HERE](#) to register.

### Northwest Ohio LOSS Team Training — June 7

The Ohio Suicide Prevention Foundation, in partnership with the Franklin County LOSS Team and the Seneca, Sandusky and Wyandot Counties Suicide Prevention Coalition, will present the Northwest Ohio Regional LOSS Team training on June 7 at the North Central Ohio Education Service Center in Tiffin. Click [HERE](#) for more information and to register.

### Ohio’s 2019 Opiate Conference — June 10-11

The Ohio Association of County Behavioral Health Authorities, in partnership with OhioMHAS, will host *Ohio’s 2019 Opiate Conference: Promoting Solutions for Substance Use Disorders Across Ohio* on June 10-11 at the Hyatt Regency in Columbus. The conference will focus on efforts related to opioid and other substance use disorder prevention, education, intervention, treatment, recovery, family supports and community engagement. Click [HERE](#) for more information.

### Ohio Teen Institute — June 10-14

Register now to attend the [2019 Ohio Teen Institute Leadership Conference](#) June 10-14 at Heidelberg University in Tiffin. Click [HERE](#) for the Youth Participant Application and [HERE](#) for the Adult Participant Application. For more information, [contact](#) the Planning Committee.

### Mental Health America’s 2019 Annual Conference — June 13-15

Mental Health America will host its 2019 Annual Conference, “Dueling Diagnoses: Mental Health and Chronic Conditions in Children and Adults” June 13-15 in Washington, D.C. Click [HERE](#) for more information and to register.

### 20th Annual Summer Program in Population Health — June 17-21

The Ohio State University College of Public Health’s Center for Public Health Practice with support from the Ohio Colleges of Medicine Government Resource Center will host the [20th Annual Summer Program in Population Health](#) June 17-21 on the main campus of The Ohio State University. Click [HERE](#) to view course offerings and to register.

### School SUCCESS Conference — June 19-20

Save the Date! Miami University’s Center for School-Based Mental Health programs will host its inaugural School SUCCESS Conference June 19-20 in Oxford. The conference is open to all individuals who have an interest in the mental wellness of students in grades K-12. Click [HERE](#) for more information.

### Equipping the Church: A Faith-Based Trauma-Informed Care Training — June 22

OhioMHAS, in collaboration with the Columbus Catholic Diocese and the Mount Carmel Church Partnership, will sponsor Equipping the Church: A Faith-Based Trauma-Informed Care Training on June 22 from 8:30 a.m.-12:30 p.m. at the Siegal Center on the campus of Mount Carmel East Hospital in Columbus. The training will be led by OhioMHAS trauma-informed care coordinator Kim Kehl. To register, email [kwhitman@mchs.com](mailto:kwhitman@mchs.com) or call 614.546.4062.

### Save the Date! 2019 Ohio Prevention Conference — June 24-26

The 2019 Ohio Prevention Conference (formerly known as OPEC) will take place June 24-26 at the Ohio Union on The Ohio State University’s campus in Columbus. The conference will bring together prevention practitioners to learn about the latest in prevention science, increase competency in the selection and implementation of evidence based practices, and provide opportunities for sharing and networking of prevention efforts across the state founded in cultural competency and equity. The call for proposals is now open. Click [HERE](#) to learn more about the conference and how to submit your proposal.

## Training Opportunities, cont.

### Ohio Prevention Credentialing Technical Assistance Session — June 25

The Ohio Coaching & Mentoring Network will host the Ohio Prevention Credentialing Technical Assistance Session on June 25 from 4:30-7 p.m. in the Ohio Stater's Inc. Founders Room. Attendees will receive support and guidance from Ohio Prevention Coaches as you move forward with the Ohio Prevention Certification process. Bring your certificates, transcripts or other documentation and receive guidance related to the application process and forms, clarification regarding training hours, how to categorize them, and other tips that will assist you as you work with the Ohio Chemical Dependency Professionals Board. For more information, contact [jenniferdbenson.ocam@gmail.com](mailto:jenniferdbenson.ocam@gmail.com).

### 2019 Addiction Studies Institute — July 31-Aug. 2

The Ohio State University Wexner Medical Center's Talbot Hall will host its annual Addiction Studies Institute July 31-Aug. 2 at the Greater Columbus Convention Center. The Institute will include national keynote speakers, more than 60 concurrent sessions and exhibits all designed for the clinician. Click [HERE](#) for more information.

### 2019 Health Disparities Research Institute — Aug. 12-16

The National Institute on Minority Health and Health Disparities (NIMHD) will host the Health Disparities Research Institute (HDRI) from August 12-16, in Bethesda, Md. The HDRI aims to support the research career development of promising minority health/health disparities research scientists early in their careers and stimulate research in the disciplines supported by health disparities science.

### 10th National Conference on Alcohol and Addiction Disorders — Aug. 14-18

The Institute for the Advancement of Behavioral Healthcare will host the 10th Annual National Conference on Alcohol and Addiction Disorders, "Connecting Our Community," Aug. 14-18 in Baltimore, Md. Counselors, therapists, psychologists, interventionists, social workers, advocates, law enforcement and agency executives are encouraged to attend. Click [HERE](#) for more information and to register.

### Sixth Annual FOA Rally 4 Recovery — Aug. 25

Families of Addicts (FOA) will host its sixth annual [Rally 4 Recovery](#) at Courthouse Square in downtown Dayton on Aug. 25 from 3-6 p.m. Themed "Stronger Together!" the rally seeks to unite the people and resources of the Miami Valley to eliminate stigma, educate about addiction and mental health disorders and celebrate recovery. More than 3,000 people and 63 community organizations participated in last year's event. For more information, contact [info@foafamilies.org](mailto:info@foafamilies.org).

### PreventionFIRST 2019 Coalition Academy — Sept. 10

PreventionFIRST will host its 2019 Coalition Academy on Sept. 10 at the Great Wolf Lodge in Mason. For more information, contact [aconnstarner@prevention-first.org](mailto:aconnstarner@prevention-first.org) or call 513.751.8000, ext. 13.

### Red Flags Implementer Trainings 2019-20 School Year

The Red Flags Training for Implementers introduces school counselors, health teachers, school psychologists and school nurses to the Red Flags Framework and Toolkit for mental health education. Participants will learn how to bring the entire school community together to expand mental health literacy; promote sound mental health habits; and develop a school-wide protocol to identify, refer, and accommodate students with developing mental health concerns. This training is recommended by the Ohio Attorney General's Recommendations for School Safety, Ohio Mental Health Network for School Success and the Miami University Center for School Based Mental Health Programs. Cost is \$25 (Red Flags Toolkit sold separately). Upcoming trainings for the 2019-20 school year include: Oct. 29 (Madison-Champaign), Oct. 30 (Cincinnati), Jan. 19, 2020 (Summit) and Jan. 22, 2020 (Cambridge). Space is limited. Visit <http://www.redflags.org/trainings> for more information and to register.



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