

16th Annual Problem Gambling Conference Kicks Off Awareness Month in Ohio

Ohio kicked off March as Problem Gambling Awareness Month by hosting the 16th Annual Problem Gambling Conference Feb. 28-March 1 at the Nationwide Hotel and Conference Center in Lewis Center.

Mitigating Harm, Maximizing Effectiveness brought together around 175 national, state and local experts in problem gambling prevention, intervention, treatment, recovery, research, administration and responsible gambling.

As part of her welcome remarks, Ohio Department of Mental Health and Addiction Services (OhioMHAS) Director Lori Criss presented a **proclamation** from Governor Mike DeWine designating March as Problem Gambling Awareness Month in Ohio.

Highlights included keynote presentations from Dr. Rachel Volberg (*The Importance of Friends and Family to the Continuum of Gambling Behaviors*) and Cheryl Mahoney (*Head Games: A Graphic Look at the Ultimate Gamble*), a lunch presentation from OhioMHAS Assistant Director of Clinical Services Mark Hurst, M.D., (*Integrating Gambling Disorder into Physical Healthcare*) and a panel presentation on *The Path to Becoming Gambling Disorder Prevention and Treatment Qualified*.

Participants had a variety of breakout sessions to choose from, focusing on a wide range of topics, including: stigma, cultural



OhioMHAS Assistant Director for Clinical Services Dr. Mark Hurst talks about integrating problem gambling into physical health.

competence, 12-Step programs, family support, becoming a certified counselor, screening and assessment, disordered gambling in the veteran population, faith-based solutions, building a comprehensive problem gambling strategy and awareness education in the foster care system.

Attendees also learned about the future of Ohio's responsible gambling campaign **Get Set Before You Bet**. In late March, the Ohio



OhioMHAS Director Lori Criss presents a proclamation from Governor Mike DeWine designating March as "Problem Gambling Awareness Month" to members of the Ohio for Responsible Gambling coalition.

for Responsible Gambling (ORG) state partners — OhioMHAS and the Commissions of Casino Control, Lottery and Racing, will unveil a new microcampaign focused on youth prevention. Children introduced to gambling before the age of 12 are four times more likely to become problem gamblers. The **Change the Game Ohio** initiative will aim to raise awareness, identify warning signs and offer solutions to help prevent future gambling problems among youth. Learn more at changethegameohio.org

The Ohio Lottery Commission and Ohio Casino Control Commission, meanwhile, announced the launch of a new state-wide Ohio Voluntary Exclusion Program (VEP). This program permits individuals who believe they currently have or may be at-risk of developing a gambling problem to enter into an agreement to refrain from entering all seven racinos and four casinos. The new VEP process relieves the undo stress of visiting several properties to enroll in the program, provides tools and resources for recovery.

More resources can be found on the **ORG website** or by calling the Ohio Problem Gambling Helpline at **1.800.589.9966**. Click **HERE** for more on Problem Gambling Awareness Month.

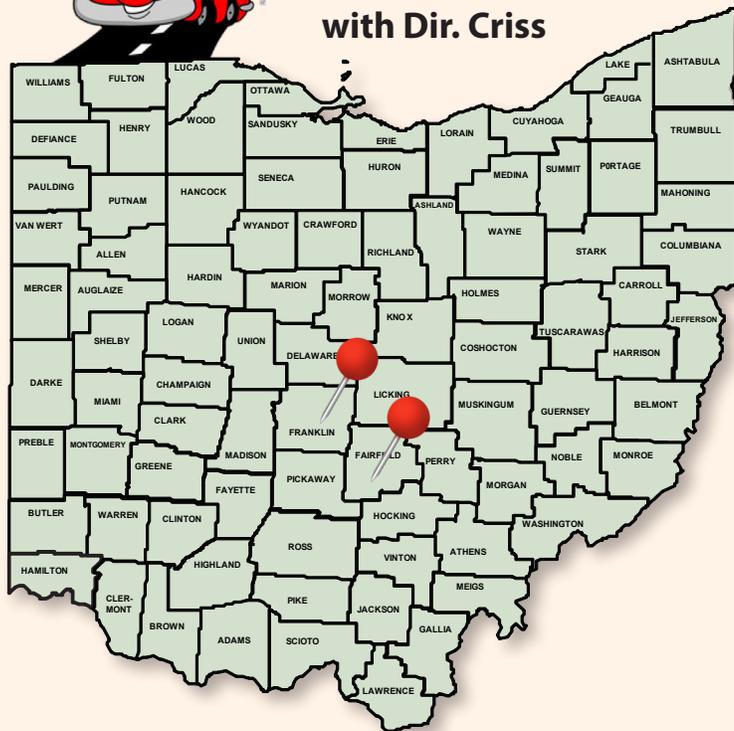
2019 State of the State — Watch Live on OhioChannel.org

Governor Mike DeWine will deliver his first *State of the State Address* at noon on Tuesday, March 5. The address will be carried live on the Ohio Channel **website**. Governor DeWine will deliver the speech to members of the Legislature at the traditional location at the Ohio Statehouse.





On the Road with Dir. Criss



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

- 2.4 Official first day as OhioMHAS Director.
- 2.5. Attended RecoveryOhio Advisory Council meeting.
- 2.11 Attended RecoveryOhio Advisory Council meeting.
- 2.13 Along with Governor DeWine, visited The Pearl House women's recovery house in Lancaster.
- 2.15 Attended RecoveryOhio Advisory Council meeting.
- 2.20 Attended RecoveryOhio Advisory Council meeting.
- 2.25 Attended RecoveryOhio Advisory Council meeting.
- 2.27 Attended Health Policy Institute of Ohio's State Health Assessment/State Health Improvement Plan Steering Committee.
- 2.28 Provided remarks and presented a Governor's Resolution designating March as Problem Gambling Awareness Month at the 16th Annual Ohio Problem Gambling Conference.

Rx Abuse Leadership Initiative (RALI) of Ohio Launches

The **Rx Abuse Leadership Initiative (RALI) of Ohio** launched Feb. 5 with a press conference at the Ohio Statehouse and a kick-off luncheon hosted by the Ohio Association of County Behavioral Health Authorities (OACBHA).

According to spokeswoman Jenny Camper, the group started working in Ohio in 2018, supporting local prevention education, distributing safe disposal kits, providing grant funding, supporting in-person events, lobbying policy-makers and running advertisements in partnership with health care, business, veterans, farmers, community and drug prevention organizations.



RALI, which operates in a number of states already, is supported at the national level by the Pharmaceutical Research and Manufacturers of America (PhRMA), a trade association representing pharmaceutical companies, the Community Anti-Drug Coalitions of America (CADCA), National Black Nurses Association, National Grange, National Sheriffs' Association, National Consumers' League and Vietnam Veterans of America, among others.

Local partners include: OACBHA, the Ohio Children's Alliance, Public Children Services Association of Ohio (PCSAO), Prevention Action Alliance, Ohio Psychological Association, Ohio Psychiatric Physician's Association, Ohio Pharmacist's Association, Ohio Academy of Family Physicians, Ohio National Guard, Ohio Manufacturer's Association, Summit County Community Partnership and the Pickaway Addiction Action Coalition.

Working with RALI Ohio, OACBHA provides drug disposal resources to its members, supports "First Responders Appreciation Week," conducts Ohio's annual opioid conference and supports VISTA workers for addiction education and prevention outreach programs in select counties. The Children's Alliance and PCSAO, meanwhile, work with RALI Ohio to support training for people who work with children who are at-risk or displaced because of addiction issues.



Liz Henrich, associate chief executive officer for OACBHA, speaks at a press conference held at the Ohio Statehouse to announce the launch of RALI Ohio.

Ohioans Honored for Prevention Work at CADCA National Leadership Forum

A southern Ohio nurse and a Central Ohio community coalition were honored by Community Anti-Drug Coalitions of America (CADCA) this month as part of the prevention organization's 29th Annual National Leadership Forum held Feb. 4-7 in National Harbor, Md.

Lisa Roberts, a registered nurse with the Portsmouth City Health Department was named "**Advocate of the Year.**" The award recognizes prevention leaders who are exceptional advocates for the field, forging relationships and educating their elected officials about key substance abuse-related issues and helping them understand the importance of community coalitions.

In her role with the health department, Roberts helps to coordinate the **Scioto County Drug Action Team Alliance**. In recent years, she also helped Scioto County secure designation as a "High-Intensity Drug Trafficking Area" and successfully apply for a Drug-Free Communities support program grant.

The "**Dose of Prevention Award**" went to **Drug Safe Worthington**. The award recognizes member coalitions that have helped raise awareness about the dangers of over-the-counter cough and prescription drug abuse in their community during **National Medicine Abuse Awareness Month** (observed each October).



CADCA Award Winners: At left, Lisa Roberts from the Portsmouth City Health Department is presented the "Advocate of the Year" award by CADCA Chairman Gen. Arthur T. Dean. At right, Lori Povisil and youth from Drug Safe Worthington show off the "Dose of Prevention" award.

Launched in 2011, **Drug Safe Worthington** is a coalition comprised of parents, educators, elected officials, librarians, businesses, emergency responders, local service agencies, youth and experts in substance abuse united around a mission of promoting prevention through coordinated outreach, awareness and education. The group is coordinated by **Lori Povisil**.

Thousands of prevention professionals and advocates attended the Forum and participated in Capitol Hill Day on Feb. 6. Attendees heard from CADCA Chairman Gen. Arthur T. Dean, Surgeon General Jerome M. Adams, M.D. and Office of National Drug Control Policy (ONDCP) Director Jim Carroll, among others.

Presentations and workshops focused on a wide range of topics, including e-cigarettes, underage drinking, drugged driving, marijuana, opioids and prescription medicine abuse.

"The challenges we face today are demonstrated by the number of lives lost each year to substance use and misuse," said Gen. Dean. "We must continue our efforts to engage leaders on a local, state and federal level on primary prevention efforts."

Surgeon General Adams also emphasized the importance of prevention.

"I firmly believe we cannot solve health issues without focusing on prevention and the root cause of the problem," he said.

Ohio Youth Share Concerns About e-cigarettes, Marijuana, Mental Health and Youth Suicide

Dozens of Ohio prevention coalition members met with legislators and their aides during Capitol Hill Day, held in conjunction with CADCA's Leadership Forum. Youth from the newly established Drug-Free Worthington, along with several Ohio Youth-Led Prevention Network Youth Council members, met with Sen. Rob Portman (pictured at right) to share suggestions on how to address youth use of e-cigarettes and marijuana, as well as youth suicides and mental health. Youth Council members also met with Rep. Brad Wenstrup and aides from the offices of Sen. Sherrod Brown and Rep. Bob Gibbs. Concerned with a rising number of suicides in their communities and widespread vaping in their schools, the youth came armed with statistics, personal stories and policy and programmatic solutions to share with their elected officials.



Ohioan in Recovery Among Special Guests During State of the Union

Ashley Evans, a mother enrolled in the Amethyst Recovery Program of Alvis in Columbus, was among 11 special guests of First Lady Melania Trump invited to watch the *State of the Union* speech from the first lady's box in the U.S. House chamber. Her journey to Washington, D.C., began last March when she met U.S. Secretary of Health and Human Services Alex Azar during a visit to Dayton.



Ashley Evans

Evans, who grew up in Dayton, became addicted to pain killers after she was prescribed prescription painkillers for an ankle injury. Following the birth of her daughter Olivia last year, she entered a rehabilitation program while her newborn was cared for by Brigid's Path, a facility in Kettering that focuses on babies born dependent on opioids.

"Ashley is a strong young woman receiving intensive behavioral health services through our program and is thriving in our recovery housing community," Alvis President and CEO Denise Robinson said in a release. "(She) has persevered and overcome many obstacles to maintain her sobriety, and is passionate about sharing her story of hope."

Ashley was re-united with Olivia on Feb. 15.

"It's been a long year," she told a Dayton-area television news station. "A lot of hard work. But it's paid off. I am so excited to get her, to be a mom and just enjoy my time with her."

Brandon Haas, Pharm.D., J.D., Named Chief of Ohio Pharmacy Services

Brandon M. Haas, Pharm.D., J.D., was recently named chief of Ohio Pharmacy Services (OPS). In his new role, Dr. Haas will manage pharmacy operations for Central Pharmacy Inpatient, Central Pharmacy Outpatient and the Ohio Pharmacy Service Center.

OPS, which is a part of OhioMHAS, serves state behavioral health hospitals, state correctional facilities, county health departments, community mental health and addiction agencies, free clinics, county jails and non-profits throughout Ohio by providing centralized procurement and distribution services for pharmaceuticals, over-the-counter medications, medical and laboratory supplies and personal care products. OPS also provides expertise in formulary management and clinical pharmacy services.



Brandon Haas

Additional Members Appointed To RecoveryOhio Advisory Council

Governor Mike DeWine this month announced the appointment of additional members to the newly minted ***RecoveryOhio Advisory Council***. The Council will advise the Governor's Office on critical matters concerning mental illness and substance use prevention, treatment and recovery support services in Ohio.

RecoveryOhio Director Alisha Nelson chairs the Council. OhioMHAS Director Lori Criss and Ohio Department of Rehabilitation and Correction Director Annette Chambers-Smith serve as vice-chairs.

New members appointed Feb. 19 include:

Amy Andres, Ohio Hospital Association

Beth Bickford, Association of Ohio Health Commissioners

Bobbie Boyer, Institute for Human Services

Dale Foerster, Starr Manufacturing

Shea Frazer, Recovery advocate

Stephen Massey, Citi Lookout Counseling Center

Judge David Matia, Cuyahoga County Common Pleas Court

Melissa Rodgers, Recovery advocate

Marcie Seidel, Prevention Action Alliance

Dr. Julie Teater, The Ohio State University — Talbot Hall

Chief Robert Ware, Portsmouth Police Department

Previous appointees announced Jan. 18 include:

Pastor Greg Delaney, Juliet Dorris-Williams, Suzanne Dulaney,

Joan Englund, Orman Hall, Dr. Navdeep King, Teresa Lampl,

Jessica Nickel, Terry Russell, Dr. Shawn Ryan, Brenda Stewart,

Justice Eve Stratton (retired), former Governor ***Ted Strickland,***

Sheriff John Tharp, Sarah Thompson and ***Cheri Walter.***

The Council has met several times since being ***established*** shortly after Governor DeWine took office. Work continues on developing a series of recommendations in advance of the Governor's SFY 2020-21 biennial budget submission.



Kiosks Assist in Mental Health and Substance Use Awareness

Montgomery County Alcohol, Drug Addiction and Mental Health Services is hoping to raise awareness and help people improve their brain wellness with kiosks placed at the Job Center and the main library in downtown Dayton. Users can navigate through nine anonymous screenings for conditions such as anxiety, depression and substance use disorders.

"ADAMHS believes that taking care of a person's mental health should be as commonplace as checking one's blood pressure or any other screening for a physical illness," said Paula Cosby, Director of External Affairs.



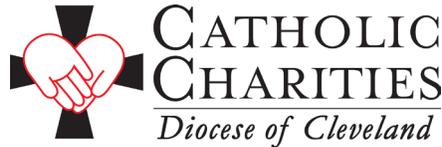
Catholic Charities Diocese of Cleveland Connects Deaf, Hard of Hearing Community to Addiction Treatment

When it comes to recovery services for drug and alcohol addiction, there is special attention being made to people in the deaf and hard of hearing community. Brian Freeman, Ph.D., coordinates the Deaf Addiction Recovery Program (DARP) through the **Catholic Charities Diocese of Cleveland**. DARP provides accessible opportunities to deaf and hard-of-hearing adults in recovery from drug and alcohol addiction. Their services include assessments, individual counseling, group counseling and case management.

Freeman has been a recovery counselor since 1983 and has worked with deaf and hard-of-hearing adults since 1991. He says that people in recovery who are deaf or hard-of-hearing face special challenges when trying to seek help. Different recovery resources like Alcoholics Anonymous, books, media and sponsors can be hard to access for people who are deaf or hard-of-hearing. People in the deaf community must also deal with the stigma that comes along with having a disability, though Freeman says that the stigma has lessened with more visibility of deaf and hard-of-hearing individuals in culture.

Since 1992, DARP has served an average of 15 clients a year, primarily in the Cleveland area. Freeman says that he has learned a lot from people in the deaf and hard-of-hearing communities.

"Deaf people have taught me how great of listeners they are," Freeman said. He also mentions that advancements in technology, like text messaging and Sorenson Video Relay Services, have been very beneficial to deaf and



hard-of-hearing adults, because they have made it easier for deaf and hard-of-hearing adults to communicate with others.

Freeman points out some of the "do's and don'ts" to keep in mind when interacting with people who are in the deaf and hard-of-hearing communities. It is important to speak normally and do all you can to communicate, even if that means using different resources like paper and pen or electronic technology. You should not assume that you are being understood, even when using an interpreter. Don't shout, mumble or exaggerate your mouth when speaking. If you are not able to get it right the first time, try again. Freeman also stresses the importance of not patronizing those who are deaf and hard-of-hearing.

Freeman advises others who are interested in starting a service like DARP in their communities to know why they are interested in getting into this type of service in the first place and to make sure they are doing it for the right reason. He also recommends having connections to people in the deaf and hard-of-hearing community like friends or family members and to contact hearing and speech centers to get quality resources and training.

If you are interested in learning more information about DARP, please contact Brian Freeman at bfreeman@ccdoble.org.

Baseline Data Collection Completed for Yale-Ohio Early Childhood Mental Health Study

Researchers from Yale University's **Child Study Center** recently completed collection of baseline behavioral and school-readiness outcomes data for the Yale-Ohio Study. The study is the second methodologically rigorous evaluation of Early Childhood Mental Health Consultation (ECMHC) using a randomized controlled design, and the first to document how the **Climate of Healthy Interactions for Learning & Development (CHILD) Tool**, a Yale-developed instrument, could support the work of early childhood mental health consultants.

Researchers gathered data from 52 centers spanning 24 counties throughout Ohio. The team had a 77 percent response rate for teacher surveys, and collected baseline data for 122 children. Counties involved in the study include: Allen, Butler, Clark, Clermont, Cuyahoga, Delaware, Fairfield, Franklin, Gallia, Greene, Hamilton, Highland, Licking, Madison, Mahoning, Medina, Miami, Montgomery, Muskingum, Pickaway, Putnam, Trumbull, Tuscarawas and Wood.

The study, now at its midpoint, aims to identify pathways that will inform the design of effective and cost-efficient models of ECMHC; identify malleable levers in the learning environment that impacts child outcomes; assess equity in the classroom; and inform the practice of classroom observation as an evaluative tool for ECMHC.

Click [HERE](#) to learn more about Ohio's Early Childhood Mental Health efforts.

Yale Child
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childstudycenter.yale.edu



Mental Health Recovery Center Re-Opens After Massive Expansion, Renovation

The **Thomas M. Wernert Center** hosted a grand reopening Feb. 28 of its newly renovated and expanded facilities at 208 W. Woodruff Ave. in Toledo. The Center serves Lucas County men and women living with a mental illness. The \$2.7 million project, which included \$500,000 in capital funds from OhioMHAS and \$2.2 million from the Mental Health and Recovery Services Board of Lucas County, started in July 2017.

The project features the addition of more than 11,400-square-feet, including main floor space, a basement, covered porch, attic, additional office space, an expanded art studio, computer lab, multi-purpose room, classrooms, fitness room, staff lounge, covered picnic pavilions, a pond/waterfall, basketball hoop and renovated kitchen.

Cultural Elements in Treating Hispanic and Latino Populations Training

Through a collaboration between the OhioMHAS, the Ohio Commission on Hispanic/Latino Affairs, and the Institute of Research, Education and Services in Addiction, 40 attendees participated in a two-day "Cultural Elements in Treating Hispanic and Latino Populations" training. The training was designed to help behavioral health and other human services professionals increase their knowledge and skills in responding to treatment challenges presented by clients from Hispanic and Latino cultures.

Pictured (l-r) are faculty and support staff for the training: Lilly Cavanaugh, executive director, Ohio Latino Affairs Commission; Joyce Starr, chief of addiction treatment, OhioMHAS; Javier Varga, subadvocate, Puerto Rico Office of the Patient Advocate; Alfredo Cerrato, intensive technical assistance project manager, Great Lakes ATTC; Marilyn Laila Sampilo, health equity and cultural competence administrator, OhioMHAS; Kim Kehl, trauma-informed care coordinator, OhioMHAS; Luis Torres, associate professor, College of Social Work, University of Houston; Carmen Andújar-Cantres,



National Hispanic & Latino Mental Health Technology Transfer Center, Universidad Central del Caribe; and, Haner Hernández, instructor, Brown University Center for Alcohol and Addiction Studies and director of the Latino Behavioral Health Workforce Training Program at Adcare Educational Institute in Worcester, Mass.

News & Research Roundup

Partnership for Drug-Free Kids Releases New Substance Use + Mental Health Guide

The [Partnership for Drug-Free Kids](#) partnered with the [Child Mind Institute](#) to create a new PDF guide, [Substance Use + Mental Health in Teens & Young Adults: Your Guide to Recognizing and Addressing Co-Occurring Disorders](#). According to the announcement, 30-45 percent of adolescents and young adults with mental health disorders have a co-occurring substance use disorder, and 65 percent or more of youth with substance use disorders also have a mental health disorder.

Study: Half of U.S. Children With Treatable Mental Health Issues Do Not Receive Treatment

Half of the estimated 7.7 million U.S. children with a treatable mental health disorder do not receive treatment from a mental health professional, according to a [new study](#) published in *JAMA Pediatrics*. Researchers analyzed a national survey given to parents of children and teens. They found 7.7 million of the 46.6 million children ages 6 through 18 whose parents completed the survey had at least one treatable mental health condition, such as depression, anxiety or attention deficit/hyperactivity disorder. Only half had received treatment or counseling from a mental health provider in the year before the survey was conducted, according to a [CNN report](#). Treatment rates varied widely by state.

Teen Marijuana Use Linked to Increased Depression and Suicidal Behavior

Teen marijuana use is linked to an increased risk of depression and suicidal behavior in young adulthood, according to a [review](#) of studies published in *JAMA Psychiatry*. Researchers from McGill University in Montreal analyzed 269 studies on adolescent marijuana use involving more than 23,000 individuals. They found teens who used marijuana were more likely to suffer depression and have suicidal thoughts, and were more than three times as likely to attempt suicide between the ages of 18 and 32, [HealthDay report-ed](#). Read McGill University's [media release](#).



NIMH-funded Study Finds Potential Biomarker for Psychosis

A study funded by the National Institute of Mental Health (NIMH) has shown that a type of magnetic resonance imaging called neuromelanin-sensitive MRI (NM-MRI) is a potential biomarker for psychosis. NM-MRI signal was found to be a marker of dopamine function in people with schizophrenia and an indicator of the severity of psychotic symptoms in people with this mental illness. Dr. Joshua Gordon, director of NIMH, stated in a [press release](#) that, "Disturbances affecting the neurotransmitter dopamine are associated with a host of mental and neurological disorders, such as schizophrenia and Parkinson's disease. Because of the role dopamine plays in these disorders, the ability to measure dopamine activity is critical for furthering our understanding of these disorders, including how to best diagnose and treat them."

Intervention for Suicidal Adolescents May Reduce Long-Term Mortality

Suicidal adolescents who took part in a program for which they chose several "caring adults" who stayed in regular contact with them and were supportive of their treatment were nearly seven times less likely to die during the follow-up of 11 years to 14 years, according to a [study](#) published in *JAMA Psychiatry*. The intervention is believed to be among the first aimed at suicidal adolescents that has shown a reduction in mortality, according to lead author Cheryl A. King, Ph.D., of the University of Michigan and colleagues. For related information, please see the *American Journal of Psychiatry* article ["Suicide Attempt Prevention: A Technology-Enhanced Intervention for Treating Suicidal Adolescents After Hospitalization."](#)

2018 National Youth Tobacco Survey Released

Key findings from the [2018 National Youth Tobacco Survey \(NYTS\)](#) were published this month in a Centers for Disease Control and Prevention article [Vital Signs: Tobacco Product Use Among Middle and High School Students — United States, 2011–2018](#). In 2018, approximately 5 million middle and high school students currently used any tobacco product, with more than 3.6 million currently using e-cigarettes and about half currently using a combustible tobacco product, such as cigarettes and cigars. From 2017 to 2018, use of any tobacco product increased 38.3 percent among high school students and by 28.6 percent among middle school students. Current e-cigarette use increased significantly by 77.8 percent among high school students and by 48.5 percent among middle school students between 2017 and 2018.



News & Research Roundup, cont.

Underage Marijuana Use Common in States Where Drug is Legal

Law enforcement agencies in Colorado and Washington, where recreational marijuana is legal, report underage use of the drug is common, according to a [new study](#) from researchers at the University of Minnesota School of Public Health. Marijuana-impaired driving is also common, study authors said in a [research brief](#). Researchers surveyed 50 local law enforcement agencies in the two states in 2016 and 2017 to find out if underage marijuana use and marijuana-impaired driving are problems in their cities. All of the agencies said underage use is “somewhat” or “very” common. Most said marijuana-impaired driving is “somewhat” or “very” common, according to an [article](#) in *HealthDay*.

Frequency of Drinking, Drug Use Dreams Decreases the Longer a Person is in Recovery

A [new study](#) from the Massachusetts General Hospital Recovery Research Institute finds the frequency of dreams involving drinking and drug use decreases the longer a person is in recovery. The study included more than 2,000 people who were in recovery from a significant alcohol or drug use disorder. About one-third reported having relapse dreams after entering recovery. The frequency of the dreams lessened the longer a person was in recovery, the researchers [reported](#) in the *Journal of Substance Abuse Treatment*. Relapse dreams are more common in people with more severe clinical histories of alcohol and other drug use disorders, the study found.

March is Brain Injury Awareness Month



The Centers for Disease Control and Prevention (CDC) recognizes Brain Injury Awareness Month each year in March. During this time, CDC focuses on helping increase the knowledge and understanding of brain injuries. Traumatic Brain Injuries, also known as TBIs, affect the lives of Americans nationwide. Anyone can experience a TBI, but data suggest that children and older adults are at greatest risk. Many TBIs, including concussions, are preventable, and you can help. Join us in spreading the word about TBI and concussion prevention throughout the month of March. Did you know that March 13 is officially Brain Injury Awareness Day on Capitol Hill? Spread the word, and support brain injury awareness all month long. Click [HERE](#) for CDC resources. Also, click [HERE](#)

for communication resources from the Brain Injury Association of America, and [HERE](#) for 10 ways to “honor” the month from [MentalHelp.net](#).

Kratom Poisonings Up 50-Fold in Recent Years

New research reveals a dramatic rise in the number of calls to U.S. poison control centers regarding the herbal supplement kratom. According to [this report](#), calls to U.S. poison centers about kratom exposure increased more than 50-fold, from just 13 calls in 2011 to 682 calls in 2017. Overall, there were more than 1,800 calls related to kratom exposure during the seven-year study period, according to this report. Kratom, or *Mitragyna speciosa*, is a plant that grows in Thailand, Malaysia, Indonesia and Papua New Guinea. In recent years, it's gained attention for its growing use to treat pain, anxiety or depression, as well as symptoms of opioid withdrawal. In more than half of the cases identified in the study, the person exposed to kratom experienced moderate or serious health effects, including seizures, difficulty breathing, coma, kidney failure and cardiac arrest. Eleven of the patients died, and most of those deaths occurred among patients who used kratom with at least one other drug. Because kratom is sold as a dietary supplement, it is not regulated by the FDA the way that prescription drugs are for quality, purity and dosage accuracy, the study authors said. The study was published Feb. 21 in the journal *Clinical Toxicology*.



Training Opportunities

Ohio Collective Impact Summit — March 20

OhioMHAS will host the Ohio Collective Impact Summit, “Collective Impact: A Framework to Address the Social Determinant of Opioid Addiction” on March 20 at the DoubleTree by Hilton Columbus. The Summit will bring together funders, backbone organizations, key partners and community members for cross-sector dialogue and peer learning focusing on preventing opioid use and abuse and reducing opioid-related deaths and how these principles and practices can be applied across complex social problems. Click [HERE](#) for more information and to register. Click [HERE](#) to learn more about the Community Collective Impact Model for Change Initiative.

Training Opportunities, cont.

Ohio Counseling Association Spring Conference — March 20-21

The [Ohio Counseling Association](#) will host its annual spring conference March 20-21 at the Embassy Suites — Dublin. Click [HERE](#) for more information and to register.

Ohio Children's Alliance Coding, Billing and Documentation Training — March 22

The Ohio Children's Alliance will host a Coding and Billing training on March 22 at the Embassy Suites Columbus. Click [HERE](#) for more information and to register.

Protective Strategies for First Responders Exposed to Illicit Substances Webinar — March 22

Overdose deaths involving fentanyl and fentanyl analogues have raised concerns about the potential for exposure to illicit drugs among child welfare caseworkers and other first responders (law enforcement officers, fire fighters and emergency medical services personnel). The National Institute for Occupational Safety and Health (NIOSH), has issued guidance for protecting first responders from fentanyl and its analogues. This March 22 webinar (noon-1 p.m.) offers an opportunity to interact with national experts from NIOSH, while learning about potential risks and protective safety strategies. Click [HERE](#) to register.

DEA-X Waiver Training — March 23

Nationwide Children's Hospital will host an 8-hour DEA-X Waiver Training March 23 in room ED 131 of the main building at 700 Children's Drive, Columbus. Click [HERE](#) for more information and to register.

Ohio Early Childhood Systems Conference — March 25-28

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 across all early childhood serving professionals. Click [HERE](#) for more information and to register.

Introduction to Meth and the Matrix Model Training — March 26

The Ohio Association of County Behavioral Health Authorities will host an introductory training of the Matrix Model®, specifically as it relates to methamphetamine treatment, on March 26 at the Xenos Christian Fellowship, 1390 Community Park Dr., Columbus. The Matrix Model® is a comprehensive, evidence-based treatment practice that has been used to treat individuals with substance use disorders for more than 30 years. This training overview will explain the model and discuss its demonstrated success with individuals in treatment for methamphetamine use. Cost is \$30, which includes lunch and beverages for the day. The training is limited to 100 participants. Click [HERE](#) for more information and to register.

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, at the Embassy Suites — Dublin. Click [HERE](#) to view the agenda and [HERE](#) to register.

2019 Fostering Pathways to Success Conference — April 3

The Ohio Department of Job and Family Services, Ohio Reach and JOURNEY to Successful Living are partnering to host the [2019 Fostering Pathways to Success Conference](#) on April 3 at the Greater Columbus Convention Center. This conference is a statewide event for youth in foster care between the ages of 14-18 and young adults formerly in foster care, ages 19-21. Independent Living coordinators, ongoing case managers, agency administrators, workforce professionals and others working with foster youth are encouraged to attend.

Ohio Children's Alliance Annual Spring Conference — April 23-24

The Ohio Children's Alliance will hold its 2019 Spring Conference "Advocate," on April 23-24 at the Embassy Suites by Hilton — Columbus-Dublin. Sessions will focus on advocacy and public policy, best practices and innovative approaches in behavioral health and child and family services, advancements in trauma-informed care, best practices in management and leadership, and clinical interventions and behavior management strategies. Click [HERE](#) for more information and to register.

Training Opportunities, cont.

Whole Health Action Management (WHAM) Wellness Symposium — April 25

Sandusky Artisans Recovery Community Center and OhioMHAS will sponsor a Whole Health Action Management (WHAM) Wellness Symposium from 9 a.m.-3 p.m. on April 25 at the State Theater, 107 Columbus Ave., Sandusky. The event is free and features demonstrations/presentations on the eight dimensions of wellness, lunch and prizes. Register by calling 419.621.9377.

25th Annual National TASC Conference on Drugs, Crime and Reentry — April 29-May 1

National TASC will host its 25th Annual Conference on Drugs, Crime and Reentry April 29-May 1 at the Hilton Cleveland Downtown. The conference brings hundreds of individuals from around the country together to explore the latest advancements and issues in the treatment and recovery of justice-involved individuals with behavioral health needs. Click [HERE](#) for more information.

2019 We Are the Majority Rally — April 30

The Ohio Youth-Led Prevention Network will hold its 8th annual “We Are the Majority” youth rally and march on April 30 from 8 a.m.-1 p.m. in Genoa Park, 303 W. Broad St., Columbus. This year’s rally will feature musical performances from the [Paragon Project](#) and [Pray for Sleep](#). Youth will march to the Statehouse around noon to counter the false perception that most young people use alcohol and other drugs. Travel stipends and T-shirts are available. Click [HERE](#) to learn more and to register.

41st Annual Ohio Forensic Centers Continuing Education Conference — May 9-10

The Association of Ohio Forensic Evaluation Centers, in partnership with OhioMHAS, will host the 41st Annual Ohio Forensic Centers Continuing Education Conference “Controversies in Forensic Mental Health Assessment and Forensic Report Writing,” May 9-10 at the Embassy Suites — Dublin. Click [HERE](#) for more information and to register.

Sixth Annual Trauma-Informed Care Summit — May 14-15

OhioMHAS will partner with the Ohio Department of Developmental Disabilities to host the sixth annual Trauma-Informed Care Summit May 14-15 at the Marriott Columbus University Area. Click [HERE](#) to view the Summit agenda and [HERE](#) for registration information.

Save the Date: 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.

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.

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.

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.



Training Opportunities, cont.

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.

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 or call 513.751.8000, ext. 13.



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.