



Ohio Governor Mike DeWine poses with authors of the Suicide Prevention Plan for Ohio at Dayton Children's Hospital on Feb. 28.

First-Ever, Collaborative Suicide Prevention Plan for Ohio Unveiled

In response to an uptick in the number of deaths by suicide, Ohio Governor Mike DeWine joined with Ohio Department of Mental Health and Addiction Services (OhioMHAS) Director Lori Criss and leadership from the Ohio Suicide Prevention Foundation (OSPF) to introduce the first-ever, collaborative **Suicide Prevention Plan for Ohio** that will direct the state's suicide prevention efforts over the next three years.

"I can't think of anything more gut-wrenching for a family than losing someone to suicide," said Governor DeWine. "In Ohio five people a day die by suicide, and a youth dies by suicide every 33 hours. These are sobering statistics and it will take all of us working together to make an impact and reduce the number of deaths by suicide across the state. One of the goals of my **RecoveryOhio** initiative is to address mental health and other issues that lead to death by suicide. While the **RecoveryOhio's Initial Report** offered preliminary recommendations that begin to address suicide, The Suicide Prevention Plan for Ohio that we are releasing today furthers the conversation. It is meant to guide discussions and strategies among advocates, health partners, and state agencies as we work to prevent suicide."

"Ultimately, this work will bring about a system-wide commitment to reduce suicides, build a competent, caring workforce, and reach all youth at-risk of suicide to get them the support and treatment they need," said Director Criss.

Under the direction of the Ohio Suicide Prevention Foundation, the plan was written by a group of 33 Ohioans from the public and private sectors who have professional or personal experience

with suicide. The plan directs energy, focus, and resources to implement specific goals and objectives. These objectives were informed by data, evidence-based approaches, and lessons learned from current practice.

Among the plan's priorities, the state will:

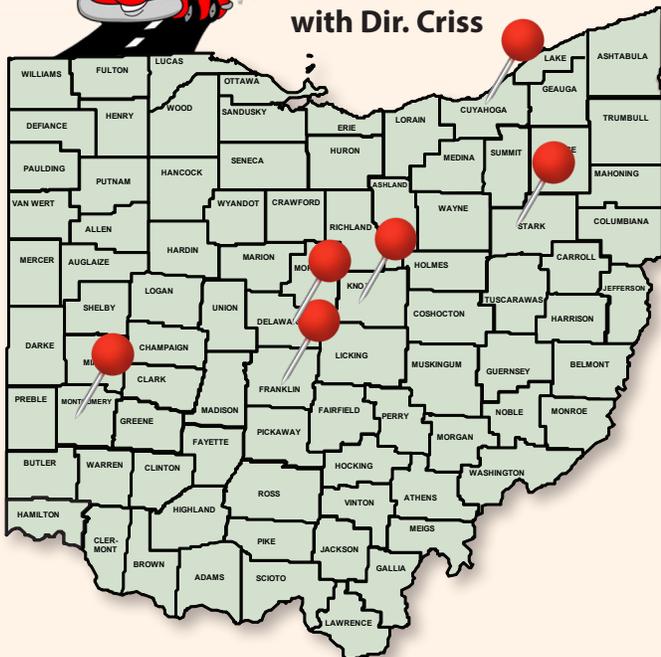
- Raise awareness of the warning signs and risk factors of suicide.
- Concentrate efforts on integrating suicide prevention practices into health care, public safety, and education services on the local and state levels.
- Build suicide prevention capacity and infrastructure at the organizational, local, and state levels.
- Focus prevention efforts on groups identified as having higher rates of suicide, including youths ages 10-14, males ages 25-59, and veterans and military members.
- Standardize, gather, and utilize data to continuously inform and evaluate the state's approach.

"The plan was created so that all communities can see their role in suicide prevention, while suggesting specific goals to give benchmarks to the community," said Tony Coder, OSPF executive director. "The plan promotes local cooperation that focuses on preventing suicide. As more partners collaborate, we work to break down the stigma that surrounds the subject of suicide."

In November 2019, the Ohio Department of Health released its **2018 Ohio Suicide Demographics and Trends Report**, which noted that five Ohioans die by suicide every day, and one youth dies by suicide every 33 hours.



On the Road with Dir. Criss



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

- 1.17 Visited **Stark County Mental Health and Addiction Recovery Board** and Heartland Behavioral Healthcare.
- 1.23 Spoke at **Ohio Recovery Housing** board meeting. Participated in Statehouse forum hosted by the American Psychological Association and the Ohio Psychological Association on "Addressing the Opioid Epidemic: A Discussion on Psychological Pain Management with Federal, State, and Local Policymakers."
- 1.28 Visited **Magnolia Clubhouse** in Cleveland.
- 2.5 Visited **Recovery & Prevention Resources of Delaware and Morrow Counties**.
- 2.11 Provided remarks at the monthly membership meeting of the **Ohio Community Corrections Association**.
- 2.18 Attended the joint RecoveryOhio and Attorney General's Task Force meeting.
- 2.20 Provided opening remarks at the 17th Annual Problem Gambling Conference; presented **proclamation** from Governor DeWine recognizing March as Problem Gambling Awareness Month in Ohio. Attended the *Not So Different* movie premier in Mt. Vernon.
- 2.27 Spoke at the OhioMHAS Crisis Academy.
- 2.28 Attended dedication celebration of Nationwide Children's Hospital's **Behavioral Health Pavilion**.
- 2.28 Along with Governor DeWine and other state officials, participated in a press conference at Dayton Children's Hospital to unveil the **Suicide Prevention Plan for Ohio**.



OHIO KIDS MATTER

Governor DeWine Announces Early Childhood Mental Health Credential

Ohio Governor Mike DeWine recently announced the launch of Ohio's new Infant Mental Health Credential for early childhood professionals, the first of its kind in the state. This credential provides professional development to support the social-emotional needs of Ohio's youngest children. Early childhood professionals who hold this credential will have met the state's minimum core standards.

"When children are young, they are building the foundation for the rest of their lives. It's important that we ensure they have the emotional and behavioral skills to succeed," said Governor DeWine. "This new credential guarantees that those early childhood professionals have specialized skills and training to help young children reach their best possible wellness."

Applications are being accepted through the Ohio Child Care Resource and Referral Association. Early childhood system professionals working in the following categories may apply:

- Child care
- Early learning
- Home visiting
- Community health
- Early intervention
- Maternal health
- Infant and early childhood mental health
- Primary health
- Occupational therapy
- Any additional allied health professionals

For more information about the credential, visit: <https://ocrra.org/our-resources-page/>.

National Drug & Alcohol Facts Week— March 30-April 5

The National Institute on Drug Abuse and the National Institute on Alcohol Abuse and Alcoholism will observe *National Drug & Alcohol Facts Week* March 30-April 5. Click **HERE** to see how your community can get involved.



Gaming Takes Center Stage at the 17th Annual Ohio Problem Gambling Conference

More than 200 professionals from the recovery field, clinical care, prevention, research and the gambling industry gathered in Columbus for the 17th Annual Ohio Problem Gambling Conference. The conference offerings drew overwhelming positive responses from attendees.

A few of the most notable topics included: UCLA's Dr. Tim

Fong on the intersection between marijuana use, gaming, and gambling; roundtable discussions among cross-disciplinary guests to explore how the different roles impact problem and responsible gambling behaviors; a live gaming demonstration to show how gambling is built into online video games; and a look at how advocacy and education are needed to support state and community efforts.



OhioMHAS Director Lori Criss presented a proclamation from Governor Mike DeWine designating March as "Problem Gambling Awareness Month" in Ohio.

The sessions garnered many requests for further expansion in the future. The conference was hosted by Ohio for Responsible Gambling, which is a collaborative partnership of the Casino Control and Lottery Commissions and OhioMHAS. Premier sponsors were the Get Set Before You Bet campaign, Ohio Lottery, and JACK Entertainment. The conference was coordinated by the

Problem Gambling Network of Ohio.

Featured throughout the event were the "Get Set Before You Bet" prevention and responsible gambling campaign and the "Change the Game" problem gambling prevention and education campaign aimed at parents, teachers, other caregivers, and youth. Learn more at www.beforeyoubet.org and www.changethegameohio.org.

Click [HERE](#) for more photos.

Deaf Services Center Awarded \$120,000 Training Grant

OhioMHAS has awarded a \$120,000 training grant to the [Deaf Services Center](#) (DSC) to help providers deliver culturally and linguistically appropriate services for the deaf and hard of hearing community. DSC and the Cleveland Hearing and Speech Center's Community Center for the Deaf and Hard of Hearing, with support and collaboration from the Community Centers for the Deaf throughout the state, are creating an innovative and fundamental training for mental health agencies that will allow frontline employees as well as clinical staff to more effectively interact and serve clients who are deaf or hard of hearing.

The training will provide information to ensure that clinicians are culturally competent to serve those with diverse communication needs, particularly those whose preferred mode of communication is American Sign Language (ASL). The goal of the project is to ensure that deaf individuals have equal access to mental health services and treatment programs by ensuring that service providers have the necessary information to deliver effective and proficient care.

Governor DeWine Tours Twin Valley Behavioral Healthcare

As part of Ohio Governor Mike DeWine's initiative to reexamine how the state approaches mental health treatment, he along with OhioMHAS Director Lori Criss and RecoveryOhio Director Alisha Nelson, toured Twin Valley Behavioral Healthcare in December. The Governor met with hospital leadership and heard from several peer support staff before touring the Columbus hospital.

At right, Governor DeWine poses with (retired) TVBH CEO Veronica Lofton and Director Criss before fielding questions from members of the media. Click [HERE](#) to view more photos from the Governor's visit and [HERE](#) to read coverage from *The Columbus Dispatch*.





Art at the Heart of Recovery of Sandusky Peer-Run Organization

In many instances, art and recovery go hand in hand. Many individuals find a sense of release when expressing their feelings and personal stories through artwork. At a recovery center in Sandusky, artwork is helping to change the lives of many.

Joey Supina began his recovery journey on Jan. 3, 1974, and his whole life has changed because of it. He remembers being told that being in recovery meant that he had to “pass it forward” for other people for them to get the same help that he got. He sees recovery as a new way of life and says that it gives him empathy for others who are going through similar struggles.

“Recovery has given me a life that I could have only imagined,” Supina said. His life now revolves around his passion for art and helping others on their recovery journeys.

What started out in 1996 as an artist cooperative formed by Supina and his wife, Mary, blossomed into a fully formed recovery community called **Sandusky Artisans Recovery Community Center**. The Center hosts a variety of programs daily, including reentry programs, men’s groups, yoga, meditation, recovery groups, overdose response, and more.

Sandusky Artisans offers art programs aimed to help reduce stigma surrounding mental health and substance use. One of these programs is “Faces of Recovery.” Participants are given a mask and asked to express how they’re feeling by decorating it however they want. So far, participants have created more than 2,000 masks since the program began.

Supina hopes that Sandusky Artisans will continue to expand their work in the years to come. OhioMHAS provided \$500,000 in capital funds to renovate the center this year. As a result, Supina hopes to work more with at-risk youth in the area by providing after-school programs at the center. The center will also continue to work with patients at Northwest Ohio Psychiatric Hospital in Toledo, and host an annual Recovery Walk in September.

For more information on Sandusky Artisans, visit:

<https://sanduskyartisansrecovery.com/>.

Anti-Vaping Video Contest

The Ohio Department of Health (ODH) Tobacco Use Prevention and Cessation Program is sponsoring an Anti-Vaping Video Contest offering \$20,000 in scholarship prizes. The contest is a response to the unprecedented rise in e-cigarette/vaping use among youth and young adults. The goal of the contest is to provide a creative outlet for students to learn more about the dangers of vaping, while also providing ODH with youth-centered videos that could be used for further mass media campaigns to discourage use among youth. The contest is open to all Ohio high school students or students taking high school level homeschool classes. Students are asked to produce a 25- to 45-second video that addresses the dangers of vaping. Click [HERE](#) for full details and contest rules.

Clark, Greene & Madison Board Joins Substance Use Recovery and Workplace Safety Program

The Mental Health and Recovery Board of Clark, Greene, and Madison counties recently announced that it will join a Ohio Bureau of Workers’ Compensation (BWC) program that incentivizes employers to hire workers in recovery from substance use disorders.

Under BWC’s Substance Use Recovery and Workplace Safety Program (SUR-WSP), the agency will pay for drug screenings and special training for managers to help local employers hire, manage, and retain workers in recovery from addiction to opioids and other substances.

“This is about workplace safety and meeting the challenges Governor DeWine outlined in his RecoveryOhio initiative,” said BWC Administrator/CEO Stephanie McCloud. “We know when workers in recovery get a job, they are more likely to stay on a successful path.”

SUR-WSP launched in October 2018 in three pilot counties: Montgomery, Ross, and Scioto. Gov. DeWine expanded the program in BWC’s latest budget, pledging up to \$15 million over 2020 and 2021 to include nine more counties, including Clark, Greene, and Madison.

Though funded by BWC, the program is administered by local alcohol, drug addiction, and mental health (ADAMH) boards or boards similar in function and mission.

“The Mental Health & Recovery Board of Clark, Greene & Madison Counties is thrilled to join this effort,” said Greta Mayer, chief executive officer at MHRB. “Our board is investing heavily in workplace and workforce efforts because we know that it is beneficial for both employers and people in recovery.”

MHRB will identify eligible employers and employees, disperse funding, and measure results. BWC funds cover: reimbursement for pre-employment, random and reasonable suspicion drug testing; and training for managers/supervisors to help them better manage a workforce that includes individuals in recovery. Learn more [HERE](#).



Montgomery County ADAMHS Launches “NaloxBox” Overdose Reversal Kits for Workplace

After a decade that saw more than 2,600 people die of overdose deaths in Montgomery County, businesses are now able to request a free opioid rescue kit that contains the overdose-reversing drug naloxone. The Montgomery County Alcohol, Drug Addiction and Mental Health Services Board (ADAMHS) is leading the effort.

Much like an automated defibrillator, a NaloxBox can be placed within easy reach in workspaces and public spaces to help prevent more deaths.

The transparent NaloxBox cabinet improves the odds of bystander rescuers

to reverse an overdose, Jodi Long, associate director of ADAMHS told [The Dayton Daily News](#).

“Having naloxone readily available to anyone, including first responders has been a key strategy in our county to combat the opioid epidemic,” she said. “Expanding to businesses is our county’s next great step to ensure naloxone is available to our community when needed.”

“An opioid overdose emergency can happen to anyone of us at any time, whether in our businesses, our families or our places of worship.”

Lucas County Awarded \$1M for Opioid Treatment in Minority Communities

Lucas County has received a \$1 million federal grant to be used for treating members of minority communities struggling with opioid addiction.

The grant, which was applied for by the Mental Health and Recovery Services Board of Lucas County and members of New Concepts, a faith-based behavioral health agency, comes as part of a federal grant that allocated \$12 million to Ohio for treatment recovery in African-American, Hispanic/Latino Americans, and other minority communities. Read [more](#).

Grant Awards Support Expansion of Early Child Mental Health Services

OhioMHAS, in partnership with Ohio Governor Mike DeWine’s Children’s Initiative and the Ohio Department of Developmental Disabilities (DODD), recently announced the recipients of nearly \$1 million to expand early childhood mental health services.

The funding, which will benefit 12 organizations serving regional populations, reflects Governor DeWine’s mission to elevate the importance of children’s programming in Ohio and drive improvements within the many state programs that serve children.

“The first few years of every child’s life are critically important,” said Governor Mike DeWine. “During this time period, children are building the foundation for the rest of their lives. It’s important that we ensure they also have the emotional and behavioral skills to succeed. In Ohio, we are committed to doing everything we can to help our young people thrive and reach their full potential as adults by providing more Ohio children with access to early childhood mental health services and supports.”

Early childhood mental health consultation seeks to promote positive outcomes for infants and young children by helping caregivers develop the attitudes and skills necessary

to effectively support the social and emotional development of the young children in their care. This is important, because national data shows that pre-K children are expelled at three times the rate as K-12 students for challenging behaviors.

The awards fall under three broad categories, which aim to promote healthy social and emotional development and school readiness among children age six and younger: increasing access to mental health supports within pediatric and primary care settings; helping communities improve their Step Up to Quality ratings** for child care learning and developmental programs; and partnering with DODD to include early childhood mental health consultation in existing services.

“This funding supports Ohio’s ability to intervene early with some of our youngest children, when we can have the greatest impact,” said DODD Director Jeff Davis. “In addition, the Governor’s investment in these services has fostered coordination between the two state agencies.”

“Ohio’s commitment to increase access to high-quality early learning settings remains central to the state’s plan for children’s success,” said OhioMHAS

Director Lori Criss. “Governor DeWine’s support through his Office of Children’s Initiatives demonstrates his ongoing dedication to ensuring that Ohio’s children achieve optimal mental wellness.”

SFY 2020 ECMH Expansion Award recipients include:

- Alta Care (Mahoning) \$155,244
- Applewood (Cuyahoga) \$70,624
- Catalyst Life Services (Richland) \$51,244
- Catholic Charities SWO (Butler) \$39,525
- Child Focus (Hamilton) \$59,000
- Children’s Resource Center (Wood) \$72,806
- Greene ESC (Greene) \$168,500
- Harbor Behavioral Health (Lucas) \$83,532
- Hopewell Behavioral Health (Athens) \$60,000
- Mercy Health St. Vincent’s (Lucas) \$100,896
- Nationwide Children’s Hospital (Franklin) \$69,325
- Ohio Guidestone (Cuyahoga) \$60,000



News & Research Roundup

Study Supports Long-Term Benefits of Non-Drug Therapies for Pain

A **new study** based on Veterans Affairs health records finds that non-drug therapies given to military service members with chronic pain may reduce the risk of long-term adverse outcomes, such as alcohol and drug disorder and self-induced injuries, including suicide attempts. The findings **appeared** online Oct. 28, 2019, in the *Journal of General Internal Medicine*. Researchers concluded that service members with chronic pain who received non-drug therapies while in the military, such as massage or acupuncture, had a “significantly lower” risk in VA of new onset alcohol or drug disorder; poisoning with opioids and related narcotics, barbiturates, or sedatives; and suicidal thoughts and attempts. The research team did not study death by suicide.

After Her Service Program for Post 9/11 Women Veterans

After Her Service is a free program for post-9/11 women veterans designed to build personal resilience and foster professional success. Developed by the University of Michigan, the program is currently recruiting for its fourth cohort. After Her Service includes three components: 1) a two-day skill-building resiliency retreat, 2) a closed social media group to continue learning and building peer support, and 3) 12 one-on-one coaching sessions. Participants can earn up to \$140 for completing evaluations of the program. Click **HERE** for more information.



DEA Releases Strategic Planning Guide to Prevent Drug Misuse Among College Students

The U.S. Drug Enforcement Administration (DEA) recently released **Prevention with Purpose**, a strategic planning guide aimed at helping colleges and universities curb drug misuse on their campuses. The guide begins with an overview of the current drug misuse prevention landscape, including relevant federal laws like FERPA, HIPAA, and the Drug-Free Schools and Communities Act. The guide also discusses emerging trends in drug use on campuses, high-risk student groups, and the impact of the college/university environment on drug use. The guide gives college and university drug prevention professionals the tools to create successful and sustainable prevention programs that are proactive rather than reactive — programs that are designed to keep students safe throughout the school year, rather than one-off programs created under pressure or in response to a tragedy. The DEA recommends using the five-step Strategic Prevention Framework to accomplish this goal.

Study: America's New Epidemic is Alcohol

A new study published in *Alcoholism* finds that alcohol causes more deaths than all drug overdoses combined and America is in the midst an alcohol epidemic. The number of alcohol-related deaths more than doubled between 1999 and 2017 from nearly 36,000 to nearly 73,000. To put that in perspective, there were roughly 70,000 drug overdose deaths in the U.S. in 2017. Men, people between 45 and 74 years old, and American Indians and Alaska Natives were disproportionately likely to die from alcohol. But, the largest increase in alcohol-related deaths occurred among white women. Nearly half of alcohol deaths were due to liver diseases or overdoses linked to alcohol alone or alcohol and other drugs. The other half included, among many factors, car crashes, other unintentional injuries, suicide, homicide, and heart disease. Click **HERE** to read a related article in Vox.



More People Using Meth and Fentanyl, Often in Combination

A growing number of people in the U.S. are using methamphetamine and fentanyl, often together, according to a new analysis of urine drug tests. Between 2013 and 2019, urine samples that tested positive for meth rose sixfold — from 1.4 percent of samples in 2013 to 8.4 percent in 2019, *HealthDay reported*. The percentage of samples testing positive for fentanyl more than quadrupled during that period. Just over 1 percent of urine samples tested positive for fentanyl in 2013, compared with almost 5 percent in 2019. The rate at which urine samples testing positive for fentanyl also tested positive for meth increased almost 14-fold, the researchers reported in **JAMA Network Open**.

Prescriptions of Benzodiazepines on the Rise, Study Finds

Prescriptions for benzodiazepines — used to relieve anxiety, agitation, or sleep problems — are on the rise in the U.S., according to a **new study** from the Centers for Disease Control and Prevention. Benzodiazepines were prescribed at 65.9 million office-based doctor visits from 2014 to 2016 — a rate of 27 annual visits per 100 adults, researchers said. Long-term use of benzodiazepines can lead to addiction, the article notes. The drugs, including alprazolam (Xanax), diazepam (Valium) and lorazepam (Ativan), can increase the risk of hospitalization and death, particularly if they are taken with an opioid. In older adults, benzodiazepines can increase the risk of falls, and impair memory and judgment.

News & Research Roundup, cont.

JUUL Use Among Older Teens and Young Adults Soars

Juul use among older teens and young adults soared between 2018 and 2019, according to a [new study](#). Researchers from the nonprofit health group Truth Initiative found use of Juul vaping devices doubled among young people ages 18 to 20, from 11.9 percent to 23.9 percent. Among 21- to 24-year-olds, Juul use more than tripled, from 5.6 percent to 18.1 percent, researchers reported in [JAMA Pediatrics](#).



National Survey Finds Teens Vaping More Marijuana and Nicotine

The annual [Monitoring the Future survey](#) has found U.S. teens are vaping more marijuana and nicotine than a year ago. The survey found 14 percent of 12th graders said they had vaped marijuana in the last month — almost double the percentage reported last year. Teens' use of drugs other than marijuana continues to decline, the survey found. Their use of alcohol and tobacco cigarettes is also waning. [Read](#) the media release.

New SAMHSA Publications

SAMHSA has released [Preventing the Use of Marijuana: Focus on Women and Pregnancy](#), a new guide that supports health care providers, systems, and communities seeking to prevent marijuana use among pregnant women. It describes relevant research findings, examines emerging and best practices, identifies knowledge gaps and implementation challenges, and offers useful resources. SAMHSA also released [Substance Misuse Prevention for Young Adults](#) and [First-Episode Psychosis and Co-Occurring Substance Use Disorders](#).

Alcohol and Gut-Derived Inflammation

Alcohol promotes intestinal inflammation. This, in turn, can promote multiple organ dysfunctions and chronic disorders associated with alcohol consumption, including chronic liver disease, neurological disease, GI cancers, and inflammatory bowel syndrome. A [new article](#) in *Alcohol Research: Current Reviews* summarizes the mechanisms by which chronic alcohol intake leads to intestinal inflammation. Understanding these mechanisms of gut inflammation can aid in the discovery of therapeutic approaches to mitigate alcohol-induced organ damage.

Depression Common During Perimenopause but not Regularly Assessed by Providers

Almost 40 percent of women experience symptoms of depression during perimenopause, yet it often goes undetected and untreated because many health care providers aren't screening for it and aren't prepared with treatment options. A [new study](#) analyzed screening practices by women's health care providers and their management of depression during perimenopause. Study results are published online in *Menopause*, the journal of The North American Menopause Society (NAMS). The high number of women experiencing symptoms of depression has been linked to hormone changes, historical depressive episodes, life events, and a genetic predisposition to depression. As more data emerges to support the presence of risk factors for depression during perimenopause and as the patient population continues to age, health care providers need to become better educated to recognize and manage depression, researchers said.



Co-Occurring Alcohol Use Disorder and Anxiety

Few observations in psychiatry have been documented as long and as consistently as the association between anxiety and the chronic misuse of alcohol. Research has shown that up to 50 percent of individuals receiving treatment for problematic alcohol use also met diagnostic criteria for one or more anxiety disorders. A [new article](#) in *Alcohol Research: Current Reviews* provides an overview of the evolving perspectives of this association in the context of three related disciplines — psychiatry, psychology, and neuroscience.

NIMH Releases "Understanding Psychosis" Fact Sheet

The word psychosis is used to describe conditions that affect the mind, where there has been some loss of contact with reality. Psychosis often begins when a person is in his or her late-teens to mid-twenties. Studies have shown that it's common for a person to have psychotic symptoms for more than a year before receiving treatment. Reducing this duration of untreated psychosis is critical because early treatment often means a better recovery. The National Institute of Mental Health has released a [new fact sheet](#) that discusses the signs, symptoms, and treatments for psychosis.

News & Research Roundup, cont.

Congressional Report Finds Suicide Rate Rising Fast For Black Youth

The suicide rate for black youth is rising faster than for any other racial and ethnic group, now making it the second-leading cause of death for black children aged 10 to 19, according to a [congressional report](#) released in late December. The 38-page report was conducted by a task force of the Congressional Black Caucus and found a sharp rise in the rate of suicides and attempts among black youth. It also found that suicide attempts rose 73 percent from 1991 to 2017 for black adolescents of both sexes, and injuries from attempted suicides rose 122 percent for black boys in the same time period.



Alcohol Use Disorder and Schizophrenia or Schizoaffective Disorder

People with schizophrenia spectrum disorders have high rates of co-occurring substance use disorder, including alcohol use disorder (AUD). For individuals who have schizophrenia, AUD is associated with depression, suicidality, medication nonadherence, chronic physical problems, homelessness, aggression, violence, incarceration, and high rates of hospitalization. A new [article](#) in *Alcohol Research: Current Reviews* provides an updated review of the epidemiology, underlying neurobiology, and treatment of people with co-occurring AUD and schizophrenia or schizoaffective disorder.

Emergency Department Study Reveals Patterns of Patients at Increased Risk for Suicide

A new [NIMH-funded study](#) found that people who presented to California emergency departments with deliberate self-harm or suicidal ideation had suicide rates significantly higher than those of demographically similar Californians in the year after discharge.

National Guidelines for Mental Health Crisis Care: A Best Practices Toolkit

SAMHSA has published its [National Guidelines for Mental Health Crisis Care: A Best Practices Toolkit](#). Crisis services are an integral component of addressing mental illness in communities across the nation. These guidelines are intended to assist states and communities with the development and implementation of effective crisis services and systems.

Center on Addiction Release New Guide for Co-Occurring Disorders

The Center on Addiction partnered with the Child Mind Institute to create [Substance Use + Mental Health in Teens & Young Adults: Your Guide to Recognizing and Addressing Co-Occurring Disorders](#). This resource gives parents and caregivers information, insights and resources that can help them find quality care for their child.

Training Opportunities

Personal Care and Medication Trainings

The Ohio Adult Care Facilities Association will be offering four more opportunities for Residential Facility Class 2&3 home operators and staff to attend the Personal Care Services and Assistance with Self-Administration of Medication training. The trainings will be presented by Dr. Wendy Umberger. Dr. Umberger has been on the faculty of Kent State University College of Nursing since 2002 and is currently the Associate Dean for Graduate Programs. She is certified as a psychiatric mental health advanced practice nurse since 1987 and has more than 30 years of advanced practice nursing experience in the community. Dr. Umberger's clinical expertise is with patients and families experiencing mental illness who also have co-morbid chronic diseases such as chronic pain and those who are diagnosed with severe and persistent mental illness. Upcoming training opportunities include: [March 26](#) (Cleveland), [April 17](#) (Toledo), and [May 1](#) (Akron).

OPPA Annual Psychiatric Update — March 14-15

The Ohio Psychiatric Physicians Association (OPPA) will host [Practical Psychiatry: Pragmatic Approaches & Clinical Pearls](#) on March 14-15, at the Marriott University in Columbus. The OPPO brings together thought leaders from across the nation for this conference, focusing on various aspects of practice that psychiatrists routinely encounter which spans pharmacological, therapeutic, regulatory, media and administrative issues. This conference is designed for psychiatrists, Residents, Medical Students and other Physicians, including Primary Care and Pediatricians, as well as Psychologists, Nurses, Social Workers, Counselors and other Mental Health Care Professionals. Click [HERE](#) for detailed brochure and click [HERE](#) to register.



Training Opportunities, cont.

Integrating Systems and Enhancing Recovery for Veterans Everywhere — March 19

The Ohio Association of County Behavioral Health Authorities (OACBHA) will host a conference focused on strengthening community partnerships to improve access to mental health services in Ohio for service members, veterans, and their families on March 19 at Xenos Christian Fellowship in Columbus. The Integrating Systems of Enhancing Recovery for Veterans Everywhere (i-Serve) training was developed as part of a collaborative effort between OACBHA, OhioMHAS, the Ohio Department of Veterans Services, and additional experts experienced in providing and coordinating mental health services for veterans. Major General John C. Harris, Ohio's 83rd Adjutant General, will serve as the keynote speaker. To register, please email Courtney Ebersole (cebersole@oacbha.org) by March 12.

2020 Ohio Recovery Housing Conference — March 30-April 1

Ohio Recovery Housing will host its **annual conference**, "Opening the Door to Quality," March 30-April 1, at the Embassy Suites — Dublin. For more information, contact info@ohiorecoveryhousing.org or call 614.453.5133.

12th Annual Pat Risser RSVP Conference — March 31

The Mental Health and Recovery Board of Ashland County will host the 12th Annual Pat Risser RSVP Conference "Empowerment Through Advocacy" on March 31 at the John C. Myers Convocation Center at Ashland University. James B. Gottstein, Esq., president and CEO of Psychiatric Rights, will provide keynote remarks. Click [HERE](#) to register. For more information, email dswitzer@ashlandmhrb.org or call 419.281.3139.

Ohio Children's Alliance 44th Annual Spring Conference – April 20-21

The Ohio Children's Alliance will host its 44th Annual Spring Conference, "Strengthening Connections," on April 20-21 at the Marriott Columbus – University Area. The conference offers more than 35 breakout sessions for a potential of 10.25 CEUs, and features remarks from Michael Unger, Ph.D., founder and director of the Research Center at Dalhousie University in Halifax, Nova Scotia, Canada, as well as State Superintendent of Public Instruction Paulo DeMaria and Lt. Gov. John Husted, founder and director of Innovate Ohio. Click [HERE](#) for more information and to register online.

2020 We Are the Majority Youth Rally – May 5

The Ohio Youth-Led Prevention Network will hold its annual We Are the Majority (WATM) youth rally on May 5 at Genoa Park in Columbus. This year's event will feature performances by Pray for Sleep and a march to the Ohio Statehouse. Transportation **stipends** are available on a first-come, first-served basis. Since its launch in 2011, more than 14,000 Ohio teens have participated in the WATM Rally. Click [HERE](#) for more information and to register online.

Ohio LOSS Team Postvention Workshop – May 12

Local Outreach to Suicide Survivors (LOSS) Community Services and OhioMHAS will host the Ohio Postvention workshop on May 12 at the Embassy Suites Airport Hotel in Columbus. This interactive workshop will feature Dr. Frank Campbell, founder of the LOSS Team model. OhioMHAS will unveil its new postvention website, featuring step-by-step information on how to launch a LOSS Team. Cost is \$35 and includes a light breakfast and plated lunch. Click [HERE](#) for more information and to register.

Midwest Suicide Prevention and Behavioral Health Summit — May 14-15

Save the date! The Ohio Suicide Prevention Foundation (OSPF) will partner with OhioMHAS and the National Alliance on Mental Illness of Ohio to host a Midwest Suicide Prevention and Behavioral Health Summit May 14-15 in Columbus.

Seventh Annual Trauma-Informed Care Summit — May 19-20

OhioMHAS, in partnership with the Ohio Department of Developmental Disabilities, will host the Seventh Annual Trauma-Informed Care Summit "Creating Environments of Resiliency and Hope" on May 19-20 at the Residence Inn by Marriott Columbus — University Area. Click [HERE](#) to view the agenda and [HERE](#) for registration information.

Ohio Teen Institute — June 7-11, 2020

Ohio Teen Institute, Ohio's oldest youth-led prevention conference, will hold its summer conference June 7-11 at Heidelberg University in Tiffin. For more information, visit www.ohioti.com.

Training Opportunities, cont.

Ohio School Safety Summit — June 10-12

The Ohio School Safety Center will host the inaugural Ohio School Safety Summit June 10-12 at the Greater Columbus Convention Center. The Summit will provide an opportunity to foster cross-discipline conversations regarding student safety and wellness. Conference presentations and training opportunities will include experts in each of the following critical areas: physical security, emergency management, mental health, school climate, suicide prevention, critical incident response, cyber safety, transportation, and threat assessment. Click [HERE](#) for more information and to register.

2020 School SUCCESS Conference — June 25-26

Miami University's Center for School-Based Mental Health Programs will host its [2020 School SUCCESS Conference](#) June 25-26, in Oxford. The SUCCESS (Schools Understanding Critical Components Empowering Student Success) Conference is for all individuals interested in the mental wellness of students in grades K-12. Click [HERE](#) for registration information (Code: SUCCESS20) and [HERE](#) for the Call for Facilitators.

Ohio Prevention Conference — June 29-July 1

OhioMHAS and the College of Social Work at The Ohio State University will host the Ohio Prevention Conference (OPC) on June 29–July 1 at the Ohio Union at The Ohio State University. The goal of the OPC is to expand opportunities for prevention practitioners to receive knowledge on cutting-edge 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. Click [HERE](#) for more information and to register.

2020 Health Disparities Research Institute — Aug. 3-7

The National Institute on Minority Health and Health Disparities (NIMHD) will host the [Health Disparities Research Institute \(HDRI\)](#) from Aug. 3-7, in Bethesda, MD. The HDRI aims to support the research career development of promising early-career minority health and health disparities research scientists and to stimulate research in disciplines supported by health disparities science. The program will feature: lectures on minority health and health disparities research; mock grant reviews; and seminars and small group discussions

Save the Date: 18th Annual NADD State of Ohio MI/ID Conference — Sept. 14-15

The National Association for the Dually Diagnosed (NADD), in partnership with OhioMHAS and the Ohio Department of Developmental Disabilities, will host the 18th Annual State of Ohio MI/DD Conference, Sept. 14-15 at the Columbus Marriott Northwest — Dublin. Visit the [conference website](#) for more information.



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