

Tri-County Connection



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Our Mission

The Tri-County Board of Recovery and Mental Health Services is dedicated to planning, funding, monitoring and evaluating substance abuse and mental health services for Darke, Miami and Shelby counties; working diligently to see that the services are cost-effective and of the highest possible quality; informing the community about these services; and ensuring that people have access to them.

May is Mental Health Month *GET CONNECTED!*

The focus of Mental Health Month 2008, **GET CONNECTED!**, emphasizes the important role that social relationships play in protecting and improving our overall mental health and well being.

Mental Health Month, sponsored by Mental Health America, encourages you to **Get Connected!** in various aspects of your life. You are encouraged to:

► **Get Connected** to family and friends to feel close and supported.

► **Get Connected** to your community to feel a sense of belonging and purpose.

► **Get Connected** to professional help to feel better when you're having trouble coping.

It's not uncommon to feel overwhelmed or have difficulty keeping up with the demands of daily life. We are all faced with stress: work stress, financial stress, and perhaps personal and family stress. Maybe your loved one is serving in our military or maybe it's a fi-

nancial burden to fill up your gas tank. Whatever the reason, it is important to recognize that all of us experience stress to some extent and can benefit from finding ways to cope.

Social support can help you get through stressful times by providing a sense of belonging, self-worth and security. This newsletter will offer helpful ways in which you can build your social supports and help you create, keep, and strengthen the vital connections in your life.

For more information about Mental Health Month, visit www.mentalhealthamerica.net

Grand Opening! Darke County SafeHaven

The staff and members of SafeHaven are excited to announce the Grand Opening of their NEW Darke County site located at 322 Fair St. in Greenville.

You are invited to attend an Open House celebration:

**Thursday, May 22nd
11:00 AM - 6:30 PM
322 Fair St., Greenville**

Drop in and tour the new site and learn about the programming SafeHaven has to offer in Darke County!

SafeHaven has served the communities of Darke, Mi-

ami, and Shelby County since 1996 with locations in Piqua and Greenville. SafeHaven provides educational, social, and vocational support in a safe environment for adults with mental illness. The programs offered by SafeHaven promote recovery and encourage members to lead a satisfying and productive life.

While SafeHaven has operated a site in Greenville for the past several years, this grand opening marks an exciting time for SafeHaven in a beautiful, spacious, and newly-renovated facility. SafeHaven's building pur-



chase and service to the community is made possible through a capital grant from the Ohio Department of Mental Health, funding from the Tri-County Board of Recovery & Mental Health Services, and support from the local Greenville community. Please join SafeHaven in celebrating this exciting event. We look forward to seeing you on May 22nd!



A Child's Mental Health is Important too!

A child's mental health is important for their overall development. Good mental health allows children to think clearly, develop socially, build self-esteem and cultivate a positive self image.

How can you help your child's overall mental health? The following are a few tips:

- Nurture a child's self-esteem by praising and encouraging them.
- Encouraging children to play! Play helps children be creative, develop problem-solving skills and learn how to get along with others.
- Encourage after school activities to help kids stay productive and learn new things.
- Provide unconditional love and a safe and secure environment.
- Give appropriate guidance and discipline when necessary.
- Communicate and take time each day to talk with your child about what is happening in their lives.
- Get help if you're concerned about your child's mental or emotional health.

CONNECT to Family & Friends

There are times in our lives when we could all use the support of family and friends. The following are a few tips to help strengthen and build those relationships.

Identify a short list of friends and family who are supportive and positive. Include those you feel the need to stay in touch with regularly such as parents, close friends, adult children who live far away, or an aging relative who lives alone.

Make a commitment to call, email or get together with them on a regular basis if possible. Be reasonable

about your schedule and the schedule of your family member or friend, but take the time for yourself and them.

Share honestly and openly with them about your needs and feelings. Talk about your concerns and let them know you value their support. Don't hesitate to ask for help.

Be sure to listen as well as talk. To have a good friend, you must be one. Offer help when you can and ask their opinion about your situation, listen and respond.

Make social plans. Create opportunities to strengthen

relationships with activities both of you enjoy. You might be surprised to find acquaintances you may not know as well can become trusted friends too. Take the time to nurture your relationships and build the connections in your life. It's worth the effort to build connections for your emotional health and well being.



CONNECT to Your Community

A great way to feel a sense of belonging and purpose is to volunteer your time and expertise in your local community. Volunteering will help you expand your social network and connect with people who have similar interests and talents.

To help you connect to your community and for the connection to have a positive impact, consider the following tips.

Get the right match. Be sure to consider your likes, dislikes, and what activity would best suit you and your schedule. Would you enjoy physical activities, or would you prefer to read, write, and organize? Do you have a special skill set or talent you could teach? You might consider tutoring a

struggling student or coach a youth sports team. Do you have a passion for serving or helping others? Perhaps you could volunteer your time at a local food pantry or service group.



Whatever your situation and interest, there are dozens of volunteer opportunities in your local community.

Make it count. In order to feel like you've made a difference, you'll want to be sure the organization uses volunteers efficiently and effectively. Ask questions

when volunteering for a particular group—find out the time commitment involved, the scope and type of volunteer work, where and when the work will be completed, and whether someone is available to answer questions and provide guidance when needed.

Find a connection. Do your research and find a volunteer position that's right for you. Contact your local volunteer center or your local city and county offices for opportunities in your area.

Volunteering your time to help others is a great way to make a positive impact on your community and to improve your sense of self. Not only will you be helping others, you'll be helping yourself as well!

Helping our Service Members and Veterans

According to a new report published by the RAND Corporation, "Nearly 20 percent of military service members who have returned from Iraq and Afghanistan — 300,000 in all — report symptoms of post traumatic stress disorder (PTSD) or major depression, yet only slightly more than half have sought treatment." In addition, researchers found about 19 percent of returning service members report that they experienced a possible traumatic brain injury while deployed, with 7 percent reporting both a probable brain injury and current PTSD or major depression.

Many service members reported they do not seek treatment for psychological illnesses because of the affect it might have on their careers. But even among those who do seek help for PTSD or major depression, only about half receive treatment that researchers consider "minimally adequate" for their illnesses.

What is PTSD? Post traumatic stress disorder is an anxiety disorder that can develop after exposure to a terrifying event or ordeal in which grave physical harm occurred or was threatened. Traumatic events may include violent personal assaults, natural or human-caused disasters, accidents, or military combat.

What can you do to help? Not only in recognition of Mental Health Month, but for the safety and well being of our country's bravest, we need to encourage military service members & veterans to seek professional help if needed. There are professionals in the mental health field specifically trained to help individuals positively cope with the transition back to family members, friends, and the community when returning from active military service.

OHIOCARES has developed a guidebook to help post-deployed service members make the transition back to civilian life. The guide,



called "*Returning Home: A Guidebook for Service Members and Their Families*," includes the following sections:

- *How You Think*
- *How You Act*
- *How You Feel*
- *Triggers*
- *Spiritual Responses*

The guide can be accessed through the Tri-County Board's Network of Care website (address below). The guide also describes some of the behaviors and feelings that are normal combat stress reactions and where to go for help if normal stress reactions become problematic.

The RAND report can be accessed at www.rand.org.

STRESS!

According to a survey conducted by the American Psychological Association in 2007, one in three people are living with extreme stress. Could you be one of them? The following are some signs of extreme stress?

- ▶ Feeling angry, irritable or easily frustrated
- ▶ Feeling overwhelmed
- ▶ Changes in eating habits
- ▶ Problems concentrating
- ▶ Feeling nervous or anxious
- ▶ Trouble sleeping
- ▶ Problems with memory
- ▶ Feeling burned out from work
- ▶ Feeling that you can't overcome difficulties in your life
- ▶ Having trouble functioning in your job or personal life

If you are experiencing stress and are having difficulty coping, seek the professional help you need and deserve.

The Tri-County Board's Network of Care website has a section specifically for service members, veterans and their families. That site can be accessed at: www.tricounty.oh.networkofcare.org

CONNECT to Professional Help

if you feel overwhelmed, are having difficulty coping, and feel as though your stress level is affecting how you function in daily life, it could be something more such as depression or anxiety. Don't let it go untreated. Contact your local health care provider or a Tri-County Board provider agency for help. At these agencies you'll find trained professionals who provide counseling, prevention, and other supportive services on a sliding fee scale to all citizens of Darke, Miami and Shelby Counties. This is made possible by the local Mental Health and Recovery Levy and support of the tri-county community. A list of mental health service providers is located on Page 6 of this newsletter. The Tri-County mental health system also offers a 24-hour Tri-County Crisis Hotline for after-hours mental health crises.

24-Hour Tri-County CRISIS Hotline 1-800-351-7347



**April 2008 Tri-County
CIT Graduates**

- Wil Benson
Piqua PD
- Ryan Borowski
Greenville PD
- Andrew Bronsord
Troy PD
- Kevin Calvert
Sidney PD
- Bill Collins
Piqua PD
- Josh Divens
Sidney PD
- David Godwin
Sidney PD
- Deanna Hardin
Miami Co. Victim Witness
- Mike McRill
Sidney PD
- Dave Michel
Tipp City PD
- Jeff Perilman
Tipp City PD
- Morrisa Reed
Greenville PD
- Eric Rodriguez
Edison Community College
- Mark Slater
Miami County SO
- Sean Stein
Piqua PD
- Bryce Stewart
Sidney PD
- Darin Stitzel
Miami Co. Adult Probation
- Theresa Swob
Miami County Jail
- Jeff Waite
Troy PD



The Tri-County CIT Academy Graduates 3rd Class

The 3rd Tri-County Crisis Intervention Team (CIT) Academy was held on Monday, April 28 – Thursday, May 1, 2008 at the Tri-County Board with 19 law enforcement professionals graduating. As with the first two Academies, the response to the third Academy was outstanding and plans are underway for future academies and advanced training for CIT graduates.



The 4-day CIT Academy provides training in recognizing various mental health disorders, common medications used to treat those disorders, as well as practical techniques for de-escalating crisis situations. New to the Academy this year was the addition of a section on *Behavioral and Emotional Challenges in Children*. The addition was well received and will remain a part of the Academy. Additional highlights of the third Academy in-



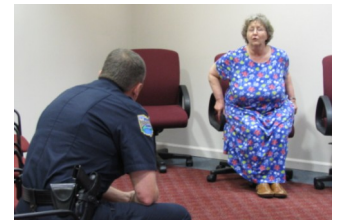
cluded ride-alongs with mental health community support specialists and agency site visits. The first site visit included a visit with SafeHaven members where the officers had the opportunity to hear first hand about living with mental illness. The class was also given the opportunity to experience what it would be like to live with schizophrenia by participating in virtual hallucination exercises. The training con-



cluded with an opportunity for the officers to demonstrate their knowledge and skills by participating in role plays.

This training is helping to bridge the gap between the mental health and criminal justice systems and, more importantly, increasing the safety of those involved in and responding to a crisis situation. After completing the training, not only will law enforcement be more skilled at de-escalating a crisis situation, they will become part of a specialized team,

the Tri-County Crisis Intervention Team, which can respond to a crisis situation when one arises. Upon completion of the course, the graduates are presented with a Tri-County CIT pin to signify they are a CIT Trained Officer.



The officers received their graduation certificate and CIT pin at the conclusion of the Academy and will be formally recognized at the Tri-County Board's Annual Meeting on October 15, 2008.



What is CIT?

The Crisis Intervention Team (CIT) is a community-based collaboration of the local police departments, mental health consumers, and mental health providers. The purpose of the collaboration is to develop, establish and implement safe and proactive techniques to defuse emotionally charged situations which could lead to violence.

System News

Local CIT Officer Recognized at NAMI Ohio Annual Conference

Paula Craft, CIT graduate and Police Officer for the Piqua Police Department, was recognized at the NAMI Ohio Annual Conference on May 9, 2008 as the runner-up for Ohio's CIT Officer of the Year. Officer Craft was nominated for being an exceptional CIT Police Officer as well as a strong advocate for those suffering from mental illness in her jurisdiction. Paula's nomination recounted an incident occurring less than four hours into her first shift after graduating from the CIT Academy. Officer Craft was called to a scene involving a person suffering from mental illness. During the subsequent investigation, Officer Craft determined the individual had not been taking his medication at the time of the incident and was in need of mental health treatment. Officer Craft proceeded to set things in mo-

tion to provide the individual with the help he needed and deserved. Officer Craft exemplifies the CIT program and we congratulate her on her recognition.

Dr. Rafay Atiq Honored by NAMI as Exemplary Psychiatrist

At the Annual Conference of the *American Psychiatric Association* on May 6, 2008, Dr. Rafay Atiq, UVMC/Miami County Mental Health Center, was recognized as one of thirty psychiatrists from around the United States for "exemplary commitment to treatment and recovery". The annual award, presented by NAMI, recognizes psychiatrists who have gone the extra mile in providing excellent clinical care, educating family members and consumers, educating the public, and helping to reduce stigma surrounding mental illness. We congratulate Dr. Atiq and thank him for his commitment to the tri-county system.

The Tri-County Board: 40 Years of Service to the Tri-County Community

The Tri-County Board of Recovery & Mental Health Services is celebrating 40 years of service to the tri-county community. The Board, established in 1968, is made up of volunteer members from Darke, Miami and Shelby Counties and is dedicated to planning, funding, monitoring and evaluating publicly funded mental health and recovery services. The strength of the Tri-County Board lies in community and family involvement - local citizens evaluating needs and planning services for our community's most vulnerable population. The Tri-County Board and the local behavioral health system is proud to have served the tri-county area for over 40 years and looks forward to continuing our mission to offer services and support to tri-county citizens.



Training Opportunities

Professional Ethics: A workshop for Counselors and Social Workers

The Tri-County Board of Recovery & Mental Health Services is offering a free training regarding *Professional Ethics* to counselors and social workers in the tri-county behavioral health system of care. The workshop will be held on Thursday, May 29, 2008 from 8:30 AM—12:00 NOON at the Tri-County Board office.

This workshop, presented by Ken R. Ward, Executive Director, Shelby County Counseling Center, will focus on understanding ethical theories and principles as well as approaches to ethical decision-making. The information is intended to not only protect you as a professional, but benefit the clients you serve as well. Contact Amanda Brown at 335-7727 ext. 209 for more information or to register.



Tri-County CIT Law Enforcement Training for Behavioral Health Professionals

As a component of the Tri-County CIT Program, the Tri-County CIT Advisory Committee has planned a 2-day training for behavioral health professionals regarding legal issues and logistics. The topics covered in the workshop will include: Law Enforcement Logistics, Limitations of an Officer's Authority, Jail Issues, Legal Issues and Understanding Probation and Parole. Workshop participants will also have the opportunity to ride along with law enforcement professionals to increase their understanding of law enforcement's role and responsibilities.

The workshop will be held on September 17 and 18, 2008 from 8:30 AM —4:30 PM. Location and registration information will be available at a later date.

Tri-County Board of Recovery & Mental Health Services

1100 Wayne St., Suite 4000
Troy, OH 45373
(937) 335-7727
1-800-589-2853

FAX (937) 335-8816

TTY/TDD (800) 750-0750

TTY/TDD Access is provided through the Ohio Relay Service

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Provider Network

Community Housing of Darke, Miami & Shelby Counties

1100 Wayne Street, Suite 4001
Troy, Ohio 45373
(937) 332-0021

Catholic Social Services

1201 Fairington Drive
Sidney, Ohio 45365
(937) 498-4593

Darke County Mental Health Clinic

212 East Main Street, PO Box 895
Greenville, Ohio 45331
(937) 548-1635

Darke County Recovery Services

600 Walnut Street
Greenville, Ohio 45331
(937) 548-6842

Miami County Mental Health Center/Choices

3130 North Dixie Highway
Troy, Ohio 45373
(937) 335-7166

Miami County Recovery Council

1059 North Market Street
Troy, Ohio 45373
(937) 335-4543

SafeHaven, Inc.

Miami / Shelby Co. Site
633 North Wayne St.
Piqua, Ohio 45356
(937) 615-0126

Darke County Site

322 Fair St.
Greenville, Ohio 45331
(937) 548-7233

Shelby County Counseling Center, Inc.

500 East Court Street
Sidney, Ohio 45365
(937) 492-8080

Shelby County Recovery, Inc.

202 North Walnut Street
Sidney, Ohio 45365
(937) 497-7355

24-Hour Tri-County CRISIS Hotline 1-800-351-7347



Tri-County Network of Care Web Site
www.tricounty.oh.networkofcare.org

Don't forget to visit your local Tri-County Network of Care website providing tri-county residents with a one-stop online resource offering vital information and links to local behavioral health services and support for all tri-county residents. The web site is updated daily and offers the latest information on over 4,000 behavioral health topics and links to service providers located right here in your local community.

