



Tri-County Connection

A Newsletter of the Tri-County Board of Recovery & Mental Health Services

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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: Live Your Life Well for RECOVERY!

The focus of Mental Health Month 2010, "Live Your Life Well!", promotes overall physical health and well-being as an important part of maintaining good mental health and an essential component of recovery.

What is *recovery*? The term "recovery" can mean something different for everyone. Recently, as part of the Tri-County Board's Strategic Plan goal to create a Recovery Academy, the Board of Directors reviewed and adopted our system's definition of recovery. The definition is: *A lifelong process of ongoing transformation for a person with mental illness or substance dependence. Each individ-*

ual's potential for recovery involves developing hope, re-building a sense of self, a partnership with their support team to guide them in how to achieve optimal life roles in meeting their basic needs including relationships, work, and education.



A lifelong process...that is recovery. Recovery is a journey, not a destination. Its important to remember that recovery is reliant on every aspect our of life and includes our physical as well as our mental health.

This Mental Health Month, Mental Health America, who has sponsored Mental Health Month since 1949, is encouraging Americans to use the tools provided in their *LIVE YOUR LIFE WELL* campaign to better cope with stress and to enhance their overall well-being.

Every day, Americans are affected by the stresses and demands on their lives. The good news is that help is available. The MHA has created a website that provides 10 research-based, and straightforward tools and ways to apply them in everyday life. Please visit www.liveyourlifewell.org for more information. ■

In an effort to keep our system, community partners, and the consumers we serve informed of the progress made during this transition, the Tri-County Board will publish a **Transition Update** newsletter on an ongoing basis.

We are happy to answer your questions and address any concerns you may have during this time of transition. Please send your questions or concerns to Amanda Brown, Director of Community Resource Development at the Tri-County Board: browna@mdsamhs.mh.state.oh.us





10 Tools to Live Your Life Well!

Connect with others! Fight stress by nurturing old friendships and building new ones.

Stay positive! Changing your outlook can change your life. Take steps to increase your optimism.

Get physically active! Exercise can increase your energy level and mood.

Help others! Volunteering time to help others will surprisingly *help you!*

Get enough sleep! Lack of sleep will affect your energy level and your mood.

Create joy and satisfaction! Find a hobby or activity you enjoy.

Eat well! The right foods can fuel your body and mind.

Take care of your spirit! Pray, meditate or connect with your inner-self.

Deal better with hard times! Coping tools and relaxation techniques can help you through difficult times.

Get professional help! If you need help, don't hesitate to get it!. You deserve good physical and mental health to live your life well!

Are you feeling stressed?

In small doses, stress may be good for you when it gives you a burst of energy. But too much stress or cumulative stress can take its toll on your mental and physical health. Stress can lead to high blood pressure, heart disease, stomach problems, and decreased immune defenses. Stress also can lead to serious mental health problems, like depression and/or anxiety disorders.

If you're feeling overwhelmed by stress, you're not alone. In fact, a recent

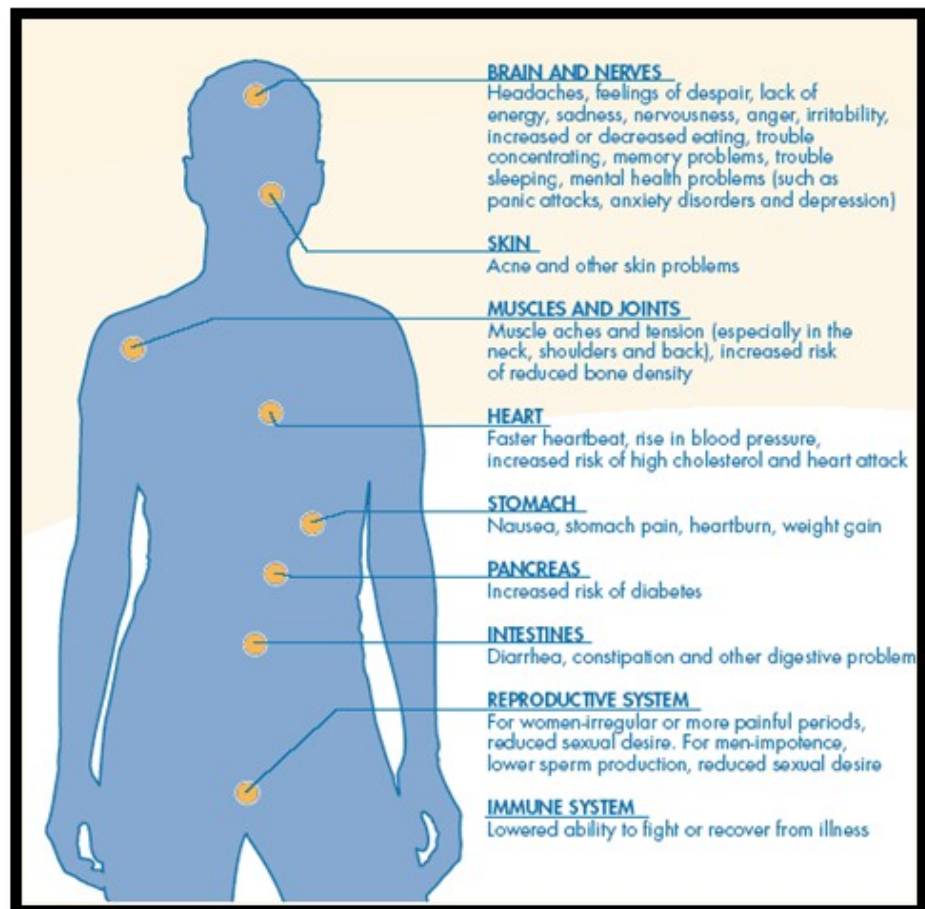
survey of Americans found that one-third of people are living with extreme stress. Could you be one of them? Pay attention to how you are feeling and learn about the effects of stress on your well being. Learn coping skills and seek professional help if necessary. The following are some signs of extreme stress:

- ▶ Easily angered, irritable
- ▶ Feeling overwhelmed
- ▶ Changes in eating habits
- ▶ Problems concentrating
- ▶ Unexplained anxiety or nervousness

- ▶ Trouble sleeping
- ▶ Problems with memory
- ▶ Feeling "burned out"
- ▶ Feeling that you can't overcome difficulties in your life
- ▶ Having trouble functioning in your job or personal life

If you are experiencing any symptoms associated with extreme stress and are having difficulty coping, seek the help of a mental health professional. YOU are worth it...talking with a professional can help you "live your life well!"

The affects of stress on the body:



Living Well! With Mental Illness

Living with mental illness can be challenging...but recovery is possible! Maintaining optimal physical, emotional, as well as mental health is important to recovery. The following are a few ways to maintain your overall health:

Connect With Others!

Creating positive, healthy relationships with others can help ease stress, improve your mood and improve your overall outlook on life. SafeHaven is a great place to meet new friends and find support in your recovery journey! Go to www.safehaveninc.com for more information.

Advocate For Yourself and Get the Help you Deserve!

Everyone deserve good health care. All too often, people with mental illnesses develop other health conditions, such as heart disease and diabetes, because their physical health is often overlooked. Talk with your doctor about your physical as well as your mental health; both are essential to your recovery. Get routine check-ups and visit your doctor when you're not feeling well. It may be due to your medicine or a symptom of your mental illness. But it could also be a different health problem.

Get Adequate Sleep!

Sleep can affect your

mood and your body and is important to your recovery. Not getting the right amount of sleep can make day-to-day functioning and recovery harder. For tips on how to get a better night's sleep, visit the National Sleep Foundation: www.sleepfoundation.org.

Maintain a Healthy Diet!

Sometimes, particular medications can cause weight gain. Other times, it is from unhealthy eating. In addition to weight gain, eating foods high in calories and saturated or "bad" fats can raise your blood pressure and cholesterol. This can increase your chances of having other health problems, like heart disease and diabetes. Talk with your doctor to learn more about maintaining a healthy diet.

Exercise!

Along with a healthy diet, exercise can improve your overall health and well-being. Regular exercise can increase your self-esteem and confidence; reduce stress, anxiety and depression; improve your sleep; and help you maintain a healthy weight.

Find a type of exercise that you enjoy and consult with your doctor. You might enjoy walking, jogging or even dancing. You don't have to go to a gym or spend money to exercise.

And last but not least, it's important to know how to

Manage Stress!

Everyone has stress, it is a normal part of life. But too much stress can have a detrimental affect on our overall health. Stress can make you feel run down or can also cause your mind to race and make it hard to focus on the things you need to do. If you have a mental illness, lots of stress can make you feel worse and make it harder to function. If you are overwhelmed by stress, try these steps to help you manage your stress and help you feel better:

- Slow down and take one thing at a time. If you feel like you have too much to do, make a list and prioritize. Then work through your list one task at a time.
- Know your limits and let others know them too. If you're overwhelmed with commitments that cause stress, learn how to say "no."
- Practice stress reduction techniques such as exercising, connecting with others or meditating.

It's important to know what causes stress in your life. If you know where stress is coming from, you will be able to manage it better to *live your life well!*

Mental Health... At an early age!

A child's mental health is important too! The following are a few basic tips to help children grow up happy and mentally healthy:

Nurture your child's confidence and self-esteem:

Praise and encourage children and avoid sarcasm.

Offer unconditional love:

Children need to know that they are loved, regardless of their accomplishments.

Encourage children to play:

Play time is important in helping children be creative, develop problem-solving skills and self-control, and learning how to get along with others.

Encourage after school activities:

Sports and other activities are a great way for kids to gain self-esteem, learn something new, stay productive, and have something to look forward to during the day.

Provide a safe and secure environment:

Fear can be very real for a child. Talk to your child about their fears and offer support.

Communicate: Take time each day to listen to your child and talk with them about their lives.

Get help: If you're concerned about your child's mental health, seek professional help. Early identification and treatment can help children reach their full potential. ■



2010 Tri-County CIT Graduates

Jeremy Adams, Miami County Sheriff's Office
 Amy Adkins, Miami County Municipal Court
 Justin Augustine, Piqua PD
 Chris Baker, Troy PD
 Marc Basye, Tipp City PD
 Benjamin Boyer, Greenville PD
 Nick Creech, Tipp City PD
 Roger Davidson, Miami County Sheriff's Office
 Mark Garbig, Darke County Sheriff's Office
 Angie Gehret, Miami County Victim Witness
 Sgt. Richard Gumerlock, Troy PD
 Ryan Karn, Miami County Sheriff's Office
 Kevin Macke, Sidney PD
 Jesse Oswald, Greenville PD
 Mitch Raffel, Greenville PD
 Dave Short, Piqua PD
 Alan Smith, Greenville PD
 Andy Walker, Miami County Sheriff's Office
 Tim Weaver, Troy PD



The Tri-County CIT Academy Graduates 5th Class

The Tri-County Crisis Intervention Team (CIT) Academy graduated its 5th class of officers on Thursday, April 15, 2010.

The CIT program is a community partnership of law enforcement, mental health providers, mental health consumers and family members. Because law enforcement officers are generally the first ones called to help a mental health consumer in crisis, it is imperative that the officer understand the issues that the consumer may be experiencing as a result of his/her mental illness.

The CIT program brings about a new set of skills for law enforcement to use when helping those with mental illness, as well as helpful tips in dealing with other crisis situations in the community. "CIT training works and is making a difference in our tri-county area; it becomes more evident with every

graduating class." said Amanda Brown, Director of Community Resource Development. Added Jodi Long, the Director of Planning and Evaluation and CIT Coordinator at the Tri-County Board, "We continue to see the benefits of a local CIT program. As a result, we have expanded the Tri-County CIT Program to offer training to



dispatchers and mental health professionals as well as advanced training for CIT officers. It is our hope to continue expanding the CIT program to include additional target populations as well."

The 4-day CIT Academy provides training in recognizing various mental

health disorders in adults and children, common medications used to treat those disorders, as well as practical techniques for de-escalating crisis situations. "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" said Amanda Brown. "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 Officer.

Visit our website for more information on CIT.

A Very Special THANK YOU to the 2010 Tri-County CIT Academy Co-Sponsors!



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Agency Spotlight

Miami County Recovery Council

The effects of alcoholism and other drug abuse are experienced in every community, including Miami County. Even those who don't drink or use drugs suffer when someone they care for has a substance-related problem. Be it the workplace, school, social arenas or streets and highways, very few are immune from the harmful effects of substance-abuse or addiction.

As a certified provider of outpatient services since 1977, Miami County Recovery Council works with individuals affected by the issues related to substance abuse or addiction. Located at 1059 N. Market Street in Troy, MCRC offers counseling and prevention sessions to any resident of Miami, Darke or Shelby counties that could benefit from these services. For years, the Recovery Council has treated local citizens with the dignity, compassion and respect so important to the counseling relationship. In spite of

the inherent difficulties in treating someone with a chronic, progressive and fatal illness (chemical dependency), the staff of MCRC work hard to find effective approaches that will assist the clientele.

With a long history of local collaboration with other providers in the community, Miami County Recovery Council has the reputation of being willing to "go the extra mile" with any client in order to bring about a positive result. MCRC believes that the miracle of recovery is always possible, no matter the perceived barriers facing the individual. The Recovery Council has grown especially adept at working with the court-referred, resistant client in a manner that emphasizes the respect and accountability necessary to bring about significant change.

Miami County Recovery Council is in the midst of a significant period in its history. Long described as a

small addiction agency, MCRC is following its worst year of budget cuts by a year of the biggest growth in the history of the agency. As of April 26th, the alcohol/

drug program offered by the Miami County Mental Health Center became part of the Recovery Council. This consolidation into one agency has led to expansion and realignment of facilities, staff and resources in Miami County. MCRC now employs 28 staff to carry out the mission, nearly doubling its size in terms of employees. As the sole community-based nonprofit provider of addiction and prevention services in Miami County, the Recovery Council is focusing on keeping the quality programming and the "heart" of the agency in spite of recent rapid growth. Each staff person has pledged to maintain their individual commitment to quality client care. The helping hands in the agency logo will continue to guide and direct the agency mission.

With the assistance of the Tri-County Board of recovery and Mental Health Services, the Piqua Area United Way, Tipp City Area United Way, United Way of Troy and other funders, the Miami County Recovery Council will attempt to treat each individual coming to the agency, or receiving services in the community from our prevention professionals with the dignity and respect our citizens so richly deserve.

The Miami County Recovery Council is dedicated to the dignity of the individual and the boundless potential of recovery. It is our mission to serve as an advocate for those in need. We adhere to a philosophy of client care as the primary focus in our efforts to improve the quality of life for those we serve.



Services Include:

Screening and Evaluation

Individual, family and group counseling

Recovery Homes

Drug Courts

Prevention and Education

For more information, visit:
www.mcrcinc.org



System News

Tri-County Board Receives Grant for Substance Abuse/Suicide Prevention

The Ohio Suicide Prevention Foundation in partnership with the Ohio Department of Alcohol and Drug Addiction Services has recently awarded the Tri-County Board a \$1,000 grant to purchase resource materials to be utilized in prevention efforts of the Tri-County Crisis Intervention Team (CIT) Program.

The grant funding will purchase the books: *"Cop-Shock, Second Edition – Surviving PTSD"* by Allen R. Kates and *"I Love a Cop"* by Ellen Kirschman, PhD. The books will be distributed to Tri-County CIT officers and their spouses at the CIT advanced training in fall 2010. Thank you to the OSPF and ODADAS for supporting substance abuse and suicide prevention in Ohio and our local communities!

Tri-County Board Receives Collaborative Program Development Grant

The Criminal Justice Coordinating Center of Excellence has awarded the Tri-County Board \$2,150 to fund the CIT Companion Course for College Personnel component of the Tri-County CIT program. This program was created in partnership with Edison Community College and will promote early identification of depression among Edison students and staff; will encourage intervention and help seeking behavior; will offer focused information on dealing with the student veteran population; and will reduce stigma associated with mental illness. Staff of both the Tri-County Board and Edison Community College are working together to offer the CIT companion course to all administration, faculty, and support staff of

the College at multiple times throughout the summer of 2010.

Community Housing Receives Foundation Grant

Community Housing of Darke, Miami & Shelby Counties has been awarded a \$1,585 grant from the Piqua Community Foundation to replace the ceiling in the women's transitional home located on Riverside Dr. in Piqua. Community Housing feels extremely fortunate to have the support of the Piqua Community Foundation for this important program. Work is scheduled to begin soon and will be completed in 2010.

Employment Opportunity



Community Housing of Darke, Miami & Shelby Counties is seeking a professional to serve as its full time Executive Director. The successful candidate

will possess a master's degree in a related field or the equivalent in education and related work experience; a working knowledge of budgeting and finance; an understanding of housing and property management; experience in the supervision of staff and a commitment to the recovery of individuals with mental illness. Salary range is \$35,000 to \$45,000 with a full benefit package. **The deadline for resumes is May 7, 2010.** E-mail resumes to:

Mark McDaniel, Executive Director, Tri-County Board
mcdanielm@mdsadamhs.mh.state.oh.us

For more information on this and other positions within the tri-county system of care visit our website at
www.mdsadamhs.mh.state.oh.us

Equal Opportunity Employer

Michelle Mason Recognized by Edison Community College



Tri-County Homeless Outreach Coordinator, Michelle Mason, is being recognized by Edison Community College for her "major contribution to Edison Community College, the community, and professional field". Michelle was nominated for the recognition because of her dedication to her career, education and family during her enrollment at Edison. Michelle maintained at 4.0 GPA and was noted as completing exceptional work during her two internship experiences. Soon after leaving Edison, Michelle was hired by Shelby County Counseling Center where she worked for several years as a case manager and an effective advocate for those with chronic and debilitating forms of mental illness. Michelle now serves as the Homeless Outreach Coordinator for Community Housing of Darke, Miami and Shelby Counties. Congratulations, Michelle, on your well deserved recognition. We are proud to have you as part of our system of

care! Michelle's photo and biographical information will be displayed on the Student Wall at the end of West Hall on the Piqua main campus. Please stop by and check it out if you are on campus.

Tri-County Board of Recovery & Mental Health Services

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Troy, OH 45373
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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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Norma Hatke
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Jodi Long, LISW, LICDC
Stephen McEldowney, BSBA

The Tri-County Board is an Equal Opportunity Employer

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

SafeHaven, Inc.

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

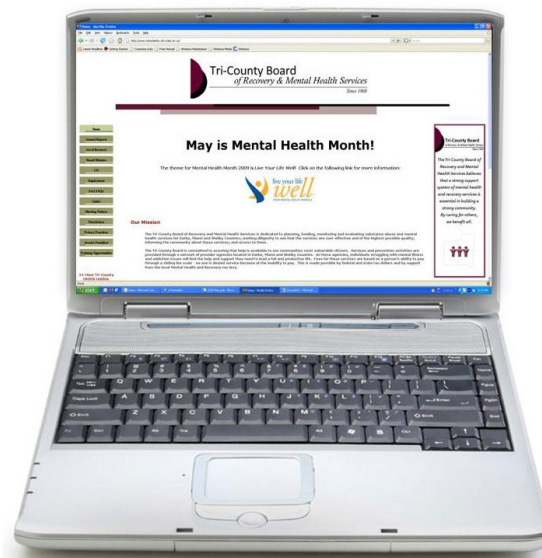
Shelby County Counseling Center, Inc.

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



Don't forget to visit the Tri-County Board web site!

www.mdsadamhs.mh.state.oh.us

Find the latest system news as well as links to important resources including local service providers and other topics of interest.

Do you have information you'd like to see in the newsletter or on our website? Please submit all requests to Amanda at: browna@mdsamhs.mh.state.oh.us