



Tri-County Connection

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

Holiday Edition!



Happy Holidays

Best wishes for a wonderful Holiday Season & a Happy New Year!

Tri-County Board Staff

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Board & System News

Tri-County Board Achieves Highest Level of Certification

The Ohio Association of County Behavioral Health Authorities (OACBHA) awarded a three-year Board Certification to the Tri-County Board of Recovery & Mental Health Services. This is the highest level of certification that a local behavioral health Board can receive. The independent association of county alcohol, drug addiction, and mental health boards provides three-year certifications to Boards that can demonstrate compliance with over 140 standards.

The certification process consisted of a desk audit, a two-day on site survey, and interviews with Board staff, Board members and provider agency staff. The findings of the review indicated that the overall strength of the Tri-County Board is their focus on serving consumers. "This certification is a tribute to the hard work produced by the Board members, Board staff and Provider Agencies in meeting our statutory requirements and obligations," said Mark McDaniel, Executive Director, Tri-County Board of Recovery & Mental Health Services. Mark further explained "The hard work and dedication of everyone in our system allows us to devote more time and emphasis on what really matters most, client care. The Tri-County Board remains dedicated to providing core mental health and recovery services to our communities' most vulnerable citizens. Participating in the OACBHA certification process afforded us the opportunity to ensure that we are fulfilling our mission in the most effective and efficient manner possible."

Cheri L. Walter, CEO of OACBHA, says the certification process offers a substantive and objective means by which to evaluate Board's processes, systems and efficiencies. "We ask a great deal of Ohio's behavioral health boards, and it's important to be able to measure and quantify their performance," she said. "The certification process is something that we take very seriously. The reviews are thorough, exacting and broad in scope. A multi-year certification offers conclusive evidence that a board is operating with very high levels of competency, skill and efficiency."

OACBHA awards three-year certification to Boards that demonstrate substantial fulfillment of its standards, including compliance to Medicaid rules, risk management and insurance, health and safety, human resources, mission and program, governance, finance and operations, continuous quality improvement, and ethics.

For further information about the Tri-County Board, please contact the Board office at (937) 335-7727 or visit the Board website at www.mdsadamhs.mh.state.oh.us.

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Mark McDaniel, Executive Director, Tri-County Board

The COQ Certification involves intensive evaluation of a Board's operations in the following areas:

- Medicaid;
- Public Affairs/Education/Community Relations/Policy/Advocacy;
- Risk Management & Insurance;
- Board Health & Safety;
- Human Resources;
- Mission & Programs;
- Governance;
- Board Finance & Operations;
- Continuous Quality Improvement; and
- Ethics

Information

Are you blue this Christmas? It could be symptoms of SAD

It is not uncommon to feel stressed or even slightly depressed during the holiday and winter season. But, if the depression persists throughout the winter months and subsides during the spring and summer months, it may be an indicator of Seasonal Affective Disorder (SAD). SAD is a mood disorder associated with depression and related to seasonal variations of light. SAD affects nearly half a million people every winter between the months of September and April, peaking in December, January, and February. The "winter blues," a milder form of SAD, may affect even more people.

Symptoms of SAD include:

- Persistent feelings of helplessness, hopelessness
- Feelings of guilt
- Difficulty thinking and making decisions
- Difficulty carrying on normal social and work-related activities
- Eating more than usual and gaining weight
- Craving rich carbohydrates
- Sleeping more, yet feeling exhausted



What causes SAD?

The exact cause of SAD is not yet known, and therefore, research continues. However, SAD is thought to be related to seasonal variations in light and shorter days in the winter. For many thousands of years, the cycle of human life revolved around the daily cycle of light and dark. We were alert when the sun was out; we slept when the day turned into night. As the days shorten and there is more darkness than daylight, our moods can experience a shift. This can put us out of step with our daily schedules, which no longer change according to the seasons. Other research shows that neurotransmitters, which are chemical messengers in the brain that help regulate sleep, mood, and appetite, may also be disturbed in SAD.



Treatments

Phototherapy or bright light therapy has been shown to suppress the amount of melatonin secreted by the brain. Although there have been no research findings to definitely link this therapy with an antidepressant effect, many people have a positive response to this treatment. For mild symptoms, spending time outdoors during the day or arranging homes and workplaces to receive more sunlight may be helpful. One study found that an hours walk in winter sunlight was as effective as two and a half-hours under bright artificial light.

The following are some helpful tips to help manage symptoms of seasonal depression:

- Spend as much time outdoors as possible. Sunlight and fresh air can help motivate the senses and get you feeling better. Make sure you bundle up!
- Exercise. Exercising will help you feel better and help your body stay on track. Exercising will also burn calories and keep away those extra holiday pounds from eating all those great desserts.
- Do something for someone else. Volunteering your time to help others is a great way to make someone else feel good and make yourself feel good in the process.
- Avoid too much caffeine. A strong cup of coffee may jump start your morning, but increasing your intake of caffeine can lead to anxiety, muscle tension and upset stomach.
- Don't use alcohol to treat the winter blues. Alcohol will only cause you to feel more depressed.
- Spend quality time with friends and family. Plan an outdoor activity so you can get some sun and enjoy the season!

If these helpful tips don't work, discuss your symptoms thoroughly with your family doctor and/or mental health professional. Depression can be successfully treated!

A Holiday STRESS Survival Tip!

Feeling a little stressed from the hustle-and-bustle of the holiday season? One of the best ways to reduce holiday stress is to EXERCISE! The following are a few "holiday themed" suggestions on how to fit exercise and activity into your busy holiday schedule.....and allow you a chance to brush up on some of the more popular holiday carols.

"City sidewalks, busy sidewalks..." - Believe it or not, shopping is exercise. Though it may not always be stress free! To get the most exercise out of a day of shopping, try shopping in an area with several steps and hills. If you choose to shop at the mall, park as far away as possible in order to increase the amount of continuous walking.

"Oh Christmas tree! Oh Christmas tree!"- Cutting down your own Christmas tree is good exercise and can be a fun, family bonding experience. In addition, you get the added benefit of a beautiful, fresh tree to decorate.

"Chestnuts roasting on an open fire..."- In order for chestnuts to roast, they need to be over an open fire - and in order to have an open fire, you need firewood. Chopping wood and carrying logs is great exercise and a great calorie burner.

"Deck the halls with boughs of holly..."- Decorating your home by reaching over your head is a natural way to stretch your muscles and burn a few calories as well as provide you with a beautifully decorated home to brighten your day and bring about holiday cheer.

"Walking in a winter wonderland"- Taking a nice brisk walk in a fresh snow is great exercise and a wonderful holiday spirit booster. It can also give you a chance to really enjoy all the holiday lights strung up in your neighborhood.

"Jingle bell, jingle bell, jingle bell rock"- Dancing is the perfect way to exercise, burn calories and have some fun at a holiday party.

"Silent night, Holy night"-Sometimes at the end of the day, the last thing we think of is exercising. And that's OK! Instead, try listening to some soft music and meditating. If meditation is not your style, read a good book or make yourself an appointment with a message therapist. Though relaxing will not burn as many calories as exercise and physical activity, it is still as important for your overall mental and physical health.

Wishing you a mentally healthy and stress-FREE holiday season!

Training Opportunities

Tri-County CIT Companion Course for Dispatchers

A **CIT Companion Course for Dispatchers** will be held on Thursday, March 4, 2010 from 8:30 AM - 4:30 PM at the Tri-County Board office. This CIT Companion course will provide dispatchers with the knowledge and skills necessary to identify a mental health caller in crisis and to respond effectively. The training will be conducted under the instructional supervision of local CIT-trained police officers, mental health professionals, consumers, and family advocates and will offer practical techniques for de-escalating crisis calls.



"Attending the CIT training as an officer was not only beneficial to me as a road unit, but is also valuable to me as a dispatcher. The idea of being more open-minded when dealing with people in crisis is good to keep in mind as a dispatcher because we are the first person that someone has to communicate their crisis to."

- Tri-County CIT Officer

Training Topics will Include:

- ▶ Understanding Mental Illness
- ▶ Overview of Tri-County Behavioral Health Services
- ▶ Gathering Information that is Helpful to Officers
- ▶ From a Consumer's Perspective
- ▶ Verbal De-escalation Techniques
- ▶ Scenario Based Training
- ▶ System Coordination

The training is **FREE** of charge and **pre-registration is required**. Lunch and refreshments will be provided for the training. Registration is limited to 20 registrants. A wait-list will be created if registration exceeds 20. The deadline for registration is Friday, February 26, 2010.

To register, please [click here](#). Please include your name, title, department, and day-time contact information with registration.



Did you know the Tri-County Board is a great resource for information regarding a variety of mental health and addiction recovery topics? The Tri-County Board has a resource library of information for professionals and the community at large. Please contact us with information requests. If we do not have the information you are requesting, we'd be happy to help you locate it. We are also available to participate in Health and Awareness Fairs. Please contact [Amanda Brown, Director of Community Resource Development](#) to request participation or for information about available resources.

Tri-County Board staff is also available to coordinate and/or provide specialized training for your business, group or organization. Please contact [Jodi Long, Director of Planning and Evaluation](#) with training requests.

Contact Us

Questions or comments? Please e-mail us at Tri-County Board or call (937) 335-7727.

For Archived issues of the Tri-County Connection e-news, please visit www.mdsadamhs.mh.state.oh.us



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The Tri-County Board of Recovery & Mental Health Services is the local ADAMHS Board responsible for planning, funding, monitoring and evaluating publicly funded mental health and alcohol/drug treatment and prevention services for Darke, Miami and Shelby Counties. The Board is dedicated to assuring the highest possible quality of care for the lowest possible price for our communities most vulnerable citizens.