

Tri-County Connection

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.

Tri-County CIT Program Named Ohio's CIT Program of the Year

On Friday, May 8th at the 2009 NAMI Ohio Annual Conference, the Tri-County CIT Program was recognized as Ohio's CIT Program of the Year. The award, sponsored by the Ohio Criminal Justice Coordinating Center of Excellence, NAMI Ohio and ODMH, was presented to the Tri-County CIT Program by Ohio's Attorney General Richard Cordray. Accepting the award on behalf of the Tri-County CIT Program was Jodi Long and Amanda Brown, both of the Tri-County Board of Recovery & Mental Health Services.

recognized for their dedication to upholding the core elements of CIT as well as expanding the program to include additional training for mental health and law enforcement systems. "We are fortunate to have been able to follow the lead of other CIT experts in Ohio.

The Tri-County CIT (Crisis Intervention Team) Program is a community-based collaboration of local police departments, mental health consumers, family members and mental health providers in Darke, Miami and Shelby Counties. This collaborative effort is designed to help law enforcement officers identify and respond appropriately and effectively to individuals with mental illness who are in crisis, therefore reducing the incidence of violence and increasing the safety of all involved.



Pictured from left to right: Attorney General Richard Cordray, Jodi Long, and Amanda Brown

"We are honored to be recognized with this award and to be part of a community and State that embraces CIT," said Jodi Long, Director of Planning and Evaluation and CIT Coordinator at the Tri-County Board. "The CIT Program truly reduces stigma and promotes the safety of law enforcement officers."

The Tri-County CIT Program was

We are excited at the growth of the program, both locally and across the state. CIT training works and is making a difference in our community," said Amanda Brown, Director of Community Resource Development at the Tri-County Board.

The Tri-County CIT Program includes a 4-day CIT Academy and additional training for professionals on various mental health disorders and practical techniques for de-escalating crisis situations. The Tri-County CIT Program 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.

Patrolman Scott Gates Honored as Nominee for Ohio's CIT Officer of the Year



Ptl. Gates, a 17 year veteran of the Troy Police Department and graduate of the Tri-County CIT Academy, was honored at the NAMI Ohio Annual Conference as a nominee for Ohio's CIT Officer of the Year. Patrolman Gates was recognized for going above and beyond his daily role to advocate for those suffering from mental illness and for taking steps to be part of at least one person's journey of recovery. Gates is also an OPOTA trainer who instructs soon to be new officers in understanding mental health issues. Patrolman Gates is an exceptional CIT officer, we are fortunate to have him serve in our community. Congratulations, Scott, on the well deserved recognition!



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!

May is Mental Health Month - Live Your Life *WELL!*

With increasing economic troubles piled on to the stress of work and family demands, more and more Americans are suffering. In fact, 58 percent of Americans reported struggling in their lives at the end of 2008, according to the Gallup-Healthways Well-Being Index. This represents an increase of more than 22 million Americans who reported struggling earlier in the year.

During these difficult times, it's important to remember that there are tools that can buffer the effects of stress and help you cope better with the many challenges you face. This May, in honor of Mental Health Month, the Mental Health America is launching the *Live Your Life Well* campaign to provide people with 10 specific, research-based tools that can combat stress and promote

health and well-being. From relaxation techniques to journaling, to simple ways to get better sleep and improve eating habits, practice the "10 Tools to Live Well" to build resiliency and well-being.



A Child's Mental Health is Important Too!



It is often easy for parents to identify their child's physical needs - nutritious meals; adequate shelter and clothing; sufficient rest and physical activity; and a healthy living environment. However, a child's mental and emotional needs may not be as obvious. A child's mental health is as important as their physical health for their overall development. Good mental health allows children to think clearly, develop social skills and cultivate a positive self image. The

following are a few tips for promoting your child's overall mental health:

Give children unconditional love. Children need to know that your love does not depend on their accomplishments. Show them you love them through the good and the bad.

Nurture your child's confidence and self-esteem. Praise and encourage your children and set realistic goals for them. Be honest about the mistakes you've made and avoid sarcasm.

Encourage children to play. Play time is extremely important to a child's development! Play helps children be creative, develop problem-solving skills and learn how to get along with others.

Encourage after school activities, especially if they are otherwise home alone after school. This is a great way for kids to stay productive, learn something new, gain self-esteem and have something to look forward to during the week.

Provide a safe and secure environment. Fear can be very real for a child. Try to find out what is frightening to him or her. Be loving, patient and reassuring, not critical or demeaning.

Give appropriate guidance and discipline when necessary. Be firm, but kind and realistic with your expectations. The goal is not to control your child, but to help him or her learn self-control.

Communicate. Make time each day to listen to your children and talk with them about what is happening in their lives.

Get help. If you're concerned about your child's mental or emotional health, consult with your child's pediatrician or a mental health professional. Don't hesitate to seek professional help.... you and your child will both benefit from the help of a professional.



Parenting During Tough Economic Times

An uncertain economy and the fear or reality of losing employment can cause a great deal of stress on you and your family. Dealing with unemployment can put a lot on your plate—updating a resume, examining financial resources and insurance, and jumping back in the realm of job searching. As a parent, you may be wondering how you can parent well when times are tough? Consider some of the following steps that can support your family and preserve your own health and well-being.

Limit kids' exposure to information that would worry them. You may think your child tunes out the topics on the evening news, but he may hear just enough to spark his active imagination and cause unnecessary worry.

Share honestly but appropriately. Secrets can be scary. Honesty is always the best approach; however, take a reassuring approach by pointing out the positives in a tough situation.

Economize in a way that's clear and fair. If you need to scale back on expenses that may include your children's activities, letting them pick from a few options may decrease their disappointment. Also don't forget to show kids that you're cutting back on "extras" too.

Keep predictability high. Kids thrive on routine. Make sure your child's routine remains as predictable as possible whether that includes exercise to burn off energy, soothing nighttime activities and, above all, some special time with you. Children crave attention, and if they're not getting your attention in positive ways they may try to get it by acting out.

Let kids contribute. Even small children can help around the house to ease the load. Letting them help clip coupons or contributing ideas to create a "home energy savings" plan can help build your child's self-esteem and increase their sense of purpose in the world.



Take a breather. Let's face it: parenting is tough work! If you feel that your stress is affecting your ability to be kind and gentle with your children, take time for yourself to regain your composure. It's important to give yourself a break from time to time.

Set aside "me" time. You're no doubt working hard at work and then working hard at home! If you don't give yourself a chance to refuel you're going to run out of steam. Be sure to get enough rest, give yourself time to have fun, and take the time to reconnect with friends. It's important to take care of your mental and emotional health in order to take care of your child's overall health. Live your life well!

Feeling Stressed?

In small doses, stress may be good for you when it gives you a burst of energy. But too much stress or stress that lasts for a long time can take its toll on your body. 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 entire body. Learn to cope and seek professional help if necessary.

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.

Visit www.liveyourlifewell.org for more information.

Connecting With 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 of Recovery & Mental Health Services 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 by 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 2009 Tri-County CIT Graduates



The Tri-County CIT Academy Graduates 4th Class

Sgt. Scott Atwood, *Shelby County Sheriff's Office*

Steve Cantrell, *Piqua PD*

Michelle Cornatzer, *Miami County Victim Witness*

Tim DeMoss, *Covington PD*

Dale Dickman, *Greenville PD*

Sgt. Scott Drew, *Greenville PD*

David Elliott, *Miami County Sheriff's Office*

Mark Friend, *Miami County Sheriff's Office*

Tom Gibson, *Troy PD*

Chief Mark Humphreys, *Versailles PD*

Carth Jones, *Miami County Jail*

Lee Larimore, *Miami County Jail*

Captain Joe Long, *Troy PD*

Chris Madigan, *Troy PD*

Sgt. Shannon McDaniel, *Greenville PD*

Sgt. Shawn McKinney, *Troy PD*

Tim Moore, *Miami County Sheriff's Office*

Robert Morando, *Miami County Sheriff's Office*

Zach Petry, *Darke County Adult Probation*

Marcos Rodriguez, *Piqua PD*

Jeff Ryan, *Miami County Jail*

Kirt Wright, *Troy PD*

The 4th Tri-County Crisis Intervention Team (CIT) Academy was held on Monday, April 20 – Thursday, April 23, 2009 at the Tri-County Board of Recovery & Mental Health Services with 22 law enforcement professionals graduating.

As with the first three Academies, the response to the fourth Academy was outstanding. Plans are underway for future academies and advanced training for CIT graduates. "CIT training works and is making a difference in our tri-county area; it becomes more evident with every graduating class." said Amanda Brown, the Director of Community Resource Development at the Tri-County Board of Recovery & Mental Health Services. 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



April 2009 Tri-County CIT Graduating Class

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. Additional highlights of the Academy included ride-alongs with mental health community support specialists and agency site visits. The first agency site visit was a visit to the Miami/Shelby County SafeHaven site in Piqua where the class had the opportunity to hear firsthand 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 concluded with an opportunity for the officers to demonstrate their knowledge and

skills by participating in scenario based training.

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. Congratulations graduates, we look forward to working with you!

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

Al's Pizza



Miami County Drug Court Celebrates 10 Years

On Friday, May 15, 2009, the Miami County Drug Court celebrated 10 years of restoring lives, reuniting families and making communities safer.

The concept of Drug Court began over twenty years ago in Dade Co., Florida. Since that time, over 2,000 Drug Courts have been developed nationwide. The Drug Court program has proven itself to be a successful treatment alternative for individuals who suffer from chemical dependency and want to change their lives.

Nationally, two-thirds of all adults arrested and over half of juveniles arrested test positive for illicit drugs at the time of arrest. The recidivism rate for these individuals is nearly 67%. Drug courts represent the combined efforts of justice and treatment professionals to actively intervene and break the cycle of

substance abuse, addiction, crime, delinquency, and child maltreatment. These special dockets are given the responsibility to handle cases involving addicted citizens under the adult, juvenile, and family justice systems.



Kim Stephens, Drug Court Coordinator

In this blending of justice, treatment, and social service systems, the drug court participant undergoes an intensive regimen of substance abuse treatment, case management, drug testing, supervision and monitoring, and immediate sanctions and incentives while reporting to regularly scheduled status hearings before a judge with expertise in the drug court model. In addition, drug courts increase the probability of participants' success by providing ancillary services such as mental health treat-

ment, therapy, and job skills training.

The Miami County Drug Court teams for Juvenile, Common Pleas and Municipal courts consist of the presiding magistrate or judge, probation officers, Drug Court Specialist, and the Coordinator from Miami County Recovery Council. This team approach to Drug Court has seen much success in Miami County and celebrates 10 years of the program as well as just under 200 graduates from Drug Court.

Miami County Recovery Council, a provider agency of the Tri-County Board, operates the drug court programs in Miami County. Drug court participants progress through a 12-18 month program designed to assist them in establishing drug-free/crime-free lifestyles. All participants are randomly drug screened throughout the program and present in court on a weekly or monthly basis as they move through the program. Congratulations to MCRC and the Miami County Drug Court for your continued success.

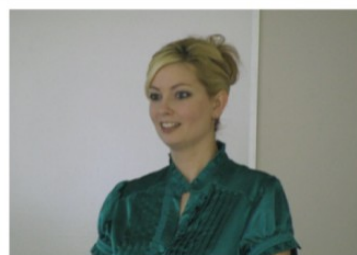
ODADAS Celebrates 20 Years of Improving Access, Effectiveness and Efficiency

On October 10, 1989, Gov. Celeste signed the Alcohol and Drug Addiction Services Act into law, creating the Ohio Department of Alcohol and Drug Addiction Services. The new cabinet-level state department, ODADAS, was created to provide statewide leadership in establishing a high quality addiction, prevention, treatment and recovery services system of care that is effective, accessible and valued by all Ohioans.

The Ohio Department of Alcohol and Drug Addiction Services funds 50 county Alcohol, Drug Addiction and Mental Health/Alcohol Drug Addiction Services Boards that contract with more than 600 certified prevention, treatment and recovery providers across Ohio. In 2009, ODADAS remains committed to their vision of an addiction-free Ohio that promotes health, safety and economic opportunity.



Pictures from the CIT Academy



Tri-County Board of Recovery & Mental Health Services

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TTY/TDD Access is provided through the Ohio Relay Service

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Jodi Long, LISW, LICDC
Stephen McElowney, 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

Darke County Site

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

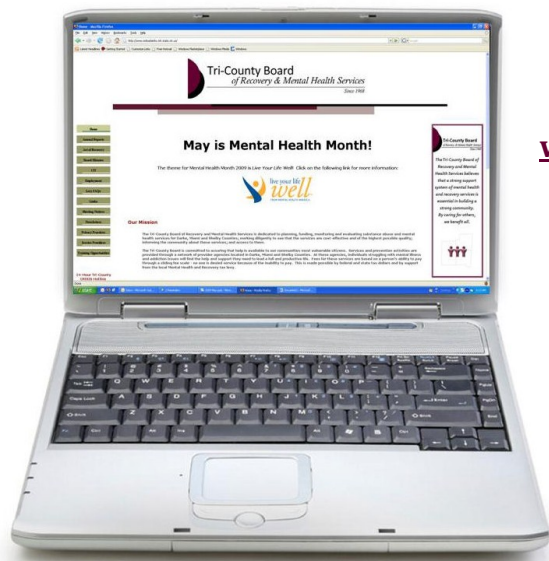
Shelby County Counseling Center, Inc.

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 or post on the website? Please submit all requests to Amanda Brown at: browna@mdsamhs.mh.state.oh.us