

Partners in Recovery



Mental Health & Recovery Board News for Clark, Greene and Madison Counties

Local/State Partnership Aids Client Employability

24-Hour Crisis Services:

- **Clark County**
Mental Health Services
937-399-9500
- **Greene County**
TCN Behavioral Health
Services, Inc.
937-376-8701
- **Madison County**
Mental Health & Alcohol/
Drug Services
740-852-6256



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Xenia—Bev Justice, TCN RSC Vocational Program Coordinator, assessed Nick* who she described, “Looks like a young guy you’d sit next to at a football game.” But because of severe opiate addiction, he lost his job, girlfriend, couldn’t pay child support, and had other family problems.

She recounted another case in which, “A man had a lucrative career in finance and developed bipolar disorder. He lost his business, family, children and is unable to return to that level of independence.”

Justice believes that work is

an important part of recovery from addiction and mental illness. This grant pays for treatment and job training for those with such problems in at least three life areas: communication, mobility, interpersonal, self direction (i.e. ability to work independently), self care, work tolerance (i.e. fatigue, medication side effects), and work skills.

Justice said, “Nick now receives intensive outpatient treatment, is doing well, and hopes to get his job back.”

She is one of three regional coordinators implementing Recovery to Work through

local Mental Health & Recovery Board and several state department collaborations.

Work helps people become contributing members of society. In many cases, job loss contributes to worsening mental health symptoms or triggers a relapse or increased use in an alcoholic/addict.

Job coordination is available in Clark County via McKinley Hall 937-328-5300 and for Madison County clients through Mental Health Services 740-845-7415. **To learn more, contact Kevin Taylor 937-322-0648, kevin@mhrb.org.**

*Name changed to protect confidentiality.

Capt. Smith credits her husband, her therapist, and the National Guard for helping her to move forward.

To share your recovery story, contact Greta Mayer 937-322-0648. x103 greta@mhrb.org.

Smith is Living Proof: Getting Help Offers Hope

Captain Michelle Smith led a Military Police platoon in Iraq for 10 months and says, "My unit was mortared everyday...during an insurgency, you can't tell who the enemy is, and because of the Rules

of Engagement, we could not defend ourselves unless we could identify who was attacking us."

When Capt. Smith returned to Ohio, she was a changed per-

son. She began drinking daily to avoid dealing with her "hidden demons."

For five years, her situation continued to grow worse until one day she attended a suicide prevention class conducted by the National Guard.

"For all those months and years, I hadn't been honest with myself. I had been self-medicating. Sitting in that class, I knew immediately that they were talking about me. The following Monday I started seeing a therapist."

Capt. Smith was diagnosed with Post Traumatic Stress Disorder (PTSD) and Depression.

"PTSD is an invisible war wound. If you lose a limb, no one expects you to apologize for it. PTSD is just as debilitating. One day I had an epiphany. I decided that I was going to stop apologizing. Trauma affects people differently. Something that traumatizes me may give someone else a rush, but like an estimated 30-40% of vets returning from Iraq, I have PTSD. The day I came to the realization that I didn't have to apologize for it was the day my real healing began."

Excerpts reprinted with permission from Ohio NAMI *The Stigma Buster*. See namiohio.org for more information.



Quick Bites

SLOW-COOKER BEEF STEW

Prep Time: 20 Minutes
Ready In: 9 Hours, 20 Minutes

- 2 pounds beef stew meat, diced into 1 inch pieces
- 1 tablespoon Worcestershire sauce
- 1 teaspoon no salt herb seasoning
- 5 potatoes
- 4 carrots
- 1 yellow onion
- 3/4 cup tomato juice
- 1 (14.5 ounce) can stewed tomatoes
- 2 fresh jalapeno peppers, sliced into rings

Directions

The night before, cut up potatoes and carrots and slice onions. Put all the vegetables in a plastic container filled with water overnight. Also the night before, marinate the stew meat with Worcestershire sauce and herb seasoning in a plastic storage bag. Place in the refrigerator.

In the morning, put the raw beef in the bottom of your slow cooker. Drain the vegetables, and pour on top of

the beef. Pour in stewed tomatoes and tomato juice. If you like your stew a little spicy, add a chopped jalapeno pepper or two.

Turn the slow cooker on high for 1 hour. Then, set your slow cooker to low for 6-8 hours. The beef will cook completely, and will be very tender.

From allrecipes.com

Send us your recipes!

1055 E. High St. Springfield, OH 45505
greta@mhrb.org

Project Woman Names Niles New Director

Springfield—The Mental Health & Recovery Board welcomes Linda J. Niles as the new director of Project Woman.

Niles has a background in nursing, administration and consulting. She has experience in behavioral health and primary healthcare. Niles is a native of Springfield and returns to the area from southern Ohio

where she founded the Adams County Healthcare Foundation. She assumed official responsibilities on 3 October 2011.

Founded in 1974, Project Woman has provided services and shelter to victims of domestic violence for 36 years. Services include a 16-bed shelter, a 24-hour crisis line, 325-3707, individual and group counseling, case

management, 9 transitional housing units, victim advocacy and victim services, community outreach, prevention programming, support groups, hospital advocacy and services for children.

Project Woman 937-328-5308 is a contract agency of the Mental Health & Recovery Board. See www.projectwomanohio.org for more information. Family Violence Prevention Center 937-376-8526 offers similar services to Greene County residents.



Dr. Miller Returns to Board Area in January

Springfield—Scott D. Miller, Ph.D. returns to the Board region January 5 and 6 at Clark State Community College, Leffel Lane Campus, to train local clinicians in Feed-back-informed Treatment (FIT). FIT values the consumer’s input, their expectation of recovery, and forming strong partnerships with clients.

McKinley Hall; Mental Health Services; Oesterlen Services for Youth; TCN

Behavioral Health Services; Family Violence Prevention Center of Greene County; Greene County Educational Services Center; and Women’s Recovery Center are using FIT in a pilot project.

Leaders of the pilot project meet monthly to troubleshoot and support their implementation efforts.

Miller is the founder of the International Center for

Clinical Excellence, an international consortium of clinicians, researchers, and educators dedicated to promoting excellence in behavioral health services.

Local clinicians and administrators from Board contract agencies are strongly urged to attend January’s training. Contact Roselin Runnels, roselin@mhrb.org 937-322-0648 x106 to register. See scottdmiller.com and the centerforclinicalexcellence.com for more details.

“I really believe that using FIT will help clients reach their goals more quickly and help our system reduce wait times and no shows. The data is there...this is something that can help all of us survive and thrive in very difficult times,” said Kent Youngman, CEO of the Mental Health & Recovery Board.



Mental Health & Recovery Board
of Clark, Greene & Madison Counties

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Springfield, OH 45505

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Help for Today. Hope for Tomorrow.

The Mental Health & Recovery Board of Clark, Greene, and Madison Counties supports a system for delivering effective mental health, alcohol and other drug treatment, prevention, education, and advocacy services for its residents.

CHECK OUT
OUR **NEW**
WEBSITE!

Kent's Question & Answer

Q Are psychology and psychiatry based on real science?

A Yes. Research into mental illness explores how disorders develop and which treatments are most effective in helping people cope. Counseling and related fields use well-accepted scientific methods that yield verifiable results.

Q Are medications the only treatment for mental illness?

A No. Psychiatric medications can be safe and effective in treating many mental disorders. However, other treatments like counseling, support groups, case management, self-help

books, etc. should also be considered for those diagnosed with mental illness and their loved ones. It's important to talk over options with your doctor and mental health professional.

Q What if treatment doesn't work?

A There is hope—not all medication and kinds of counseling are effective for every person. Each individual has unique qualities, life experiences, relationships, and biological make-up. This is why it is so important to talk with your provider about how treatment is going. Remember to consult with your doctor before discontinuing any medica-

tion; sometimes dosage or kinds of medication can be changed. You likely have some ideas about the types of treatment which will work best for you. Tell your provider.

Q How do I know if I need help?

A If problems are interfering with everyday life, like your ability to work, keep relationships, or stay in school, you may need professional help. **If you feel like harming yourself or are thinking about suicide, get help immediately, call your local crisis number, 911, or 1-800-273-8255.**

You are not alone!

Dr. Kent Youngman
is CEO of the MHRB.



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