

Partners in Recovery



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

A Mission to Save Lives and Futures



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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Besides being two kind, bright, and engaging women, Sue O'Rear (Xenia) and Cindy Price (Springfield), share something else in common: they both lost their sons to suicide.

O'Rear lost her teenaged son, Alan, in 1995. Price lost her adult son, Tim, in 2009.

O'Rear and Price present their painful stories to teens and adults to save lives and futures through the Yellow Ribbon Suicide Prevention Program and county coalitions.

Both mothers say they did not recognize the warning signs of suicide. O'Rear explains, "Alan quit practicing basketball every-

day and didn't try-out for the sophomore team at Beavercreek High School."

Price remembers, "Tim became more isolated and made excuses to avoid regular family get-togethers."

"Anyone can learn the warning signs for depression and suicide, it's that simple," says Price. "And it's OK to ask for help," O'Rear adds.

After his death, she learned Alan had confided to friends about feeling worthless on his 16th birthday. Price agrees, "The more I learn about depression, the more signs I now see in Tim's life leading up to his death."

Clinical depression includes: feeling sad, empty, tearful; loss of interest or pleasure in activities; significant weight gain or loss; disturbed sleep; agitation and lethargy; fatigue, loss of energy; feeling worthless, guilty; difficulty thinking, concentrating, making decisions; and thoughts of suicide.

"Talk to your doctor and call a therapist," says O'Rear, "if you or a loved one has these symptoms." Both mothers believe, had their sons received the help they needed, they would still be here today.

Call 800-435-7968 to find a mental health provider in Clark, Greene, and Madison Counties or a suicide prevention coalition in your area.

"I learned early on... you have to let your pride go and lean on others,"

says Julie Joyce, single mother and Chicago Police officer.

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

Joyce helped develop the first national Crisis Intervention Team (CIT) for youth. **CIT is offered to local law enforcement in our region in Aug./Sept.**

Contact Roselin Runnels 937-322-0648 x106 roselin@mhrb.org.

Finding Your Own "Normal"

Chicago—Julie Joyce says there is no such word as "normal" when it comes to her household. She is not simply referring to living with a child suffering from bipolar; she's also talking about being a single mom and police officer.

At age 10, Joyce's 16-year old son was diagnosed with bipolar and attention-deficit hyperactivity disorders.

"I learned early on that it does take a village to raise a child, and sometimes you have to let your pride go and lean on others." As a member of the police department, Joyce has a very difficult schedule which could change at the drop of a hat. So, when her son was younger they lived with her parents.

"The one thing we learned to do as a family, was to create consistency in our lives, even with my crazy working hours," replies Joyce.

She describes that keeping her son on a regimented timetable kept the rest of the family functioning with a sense of calm.

"Every night, whether or not I was there, everyone sat down to dinner at the same time. If my son was unstable, he wasn't forced to eat with everyone, but dinnertime was never skipped."

Joyce notes that her methods were not perfect, but she said it helped provide some peace

and quiet for everyone. She adds, "Bedtime was always by 10 p.m. If my son couldn't fall sleep, he still had to remain in his room."

As her son grew older, she said his "illness became more of a roller-coaster ride..." Joyce realized she needed to take time out for herself. Going out for dinner with girlfriends or walking are ways Joyce has fun and relieves stress.

"If not for everyone in my life pitching in, I may not have a job." Joyce believes having love and support all around her helps to keep life more "normal".



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Quick Bites

CHICKEN & SUN-DRIED TOMATOES OVER FETTUCCINE

Prep Time: 20 Min
Cook Time: 20 Min
Ready In: 40 Min

4 chicken breast halves; skinned, boned
1 (7oz) jar sun-dried tomatoes in oil
1/2 cup chopped onion
2 cloves garlic, minced
2 tablespoon snipped fresh basil (or 2 teaspoons dried)
1/4 cup sliced ripe olives
2 tablespoon capers (optional)

2 tablespoons olive oil
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon crushed red pepper
(8 oz) fettuccine
Freshly grated Parmesan cheese

Directions

Cut chicken into 1/2-inch strips. Drain sun-dried tomatoes, reserve oil. Chop tomatoes. In 12-inch skillet, heat 1 tablespoon of reserved oil over medium heat. Add onion, garlic; cook until tender.

Add basil and tomatoes; cook 1 min. more. Stir in olives, capers, olive oil, salt, pepper, crushed red pepper, and 2 tablespoons reserved oil; heat through.

Meanwhile, in 6-quart pot cook fettuccine in 3 quarts boiling, salted water for 8-10 min. Drain well; return pasta to pot. Add chicken mixture and toss well. Sprinkle with Parmesan cheese.

4 Servings Per Recipe

Send us your recipes!

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

Youth Challenges Offers Hope for Families

Springfield—For 21 years in Clark County, families have been integral to the success of services at Youth Challenges, 924 East Home Road. The program offers a highly structured, multi-disciplinary assessment and partial hospitalization treatment for youth.

“Our goal is to stabilize kids who may be in crisis or struggling with anxiety, trauma, and depression, so they can return to regular school,” explains Sue Fralick, Vice President, Youth and Adult Services, for Mental Health Services of Clark and Madison Counties (MHS).

The program teaches young people and their caretakers how to cope with emotional problems which often impact school, social relationships, and home life.

Youth Challenges offers a variety of services under one roof—psychiatric nursing; individual, family and group counseling; and psychiatry—as well as referral to other community resources.

“Local school districts tutor the youth while in the program,” points out Karen Scott-Pine, a clinical supervisor. A youth’s ability to function in school is often improved. On average, youth stay for two months in the program.

“Youth at risk for suicide are of



particular concern to us,” says Fralick, based on local High School student report on the Clark County Youth Risk Behavior Survey. “We worry about kids who are ‘under the radar’, who are more withdrawn, and are not reaching out for help.”

Fralick and Scott-Pine say there are no “bad referrals”. “We screen anyone and help make appropriate plans.” Referrals

may come from court, physicians, families, clergy, or schools.

Fralick and her team emphasize, “We are here to help, just call or refer families directly to us.” Call (937) 390-8004 Mon.-Fri. 8 am.– 5 p.m.

MHS is a contract agency of the Mental Health & Recovery Board.

For survey results, visit www.cchcd.com.

“We worry about kids who are ‘under the radar’...and are not reaching out for help,”

says Sue Fralick, VP of Youth & Adult Services, Mental Health Services of Clark & Madison Counties

Michael’s House Helps Stop the Hurt After Abuse

Fairborn—Michael’s House—named to honor Michael Mercurio who unexpectedly passed away in 2007—is one of 23 Child Advocacy Centers in Ohio. From January 2009 to October 2010, the center served 420 children.

Michael’s House offers a comfortable place for children who suffer from all forms of abuse. In addition to a live fish and turtle exhibit, it has specially equipped rooms for child forensic interviews, a playroom, mock courtroom, and offices for medical



and mental health professionals. A multidisciplinary approach is used to minimize effects of trauma for a child who suffered abuse. Law enforcement, children’s services, prosecutors, victim advocacy, health/mental health care professionals partner with child advocacy staff at Michael’s House.

The son of Bill and Elaine Mercurio, Michael dedicated his life to bettering the lives of children through specialized dentistry. The center, located at 1016 Rainbow Court, was built by Bob Mills through private funding.

For more information visit www.michaelshousecac.org or call 937-318-1660. Family Solutions Center, 937-427-3837, provides mental health therapy at Michael’s House and is a contract agency of MHRB.



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

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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.

**NEW WEBSITE
COMING SOON!
WWW.MHRB.ORG**

Kent's Question & Answer

Q What is prevention?

A It involves planned educational and skill-based activities that reduce risk factors and promote healthy behaviors, families, schools and communities.

Q What are risk factors?

A Risk factors are behaviors, characteristics, or conditions which increase the chance of developing a particular disease or problem.

Examples of risk factors include smoking, using drugs, traumatic events, lack of friends or caring people, and having a family history of addiction or mental illness.

Q What is a community prevention system?

A It brings together the power of individual citizens and community institutions to create a comprehensive plan in which community members address a particular problem, such as community violence, misuse of prescription drugs, or risk of suicide.

Q Who is involved?

A Everyone! Neighbors, store clerks, church members, and business people in addition to law enforcement, civic leaders, clergy, teachers, and social service providers.

Community members are best informed in how to solve local problems and

develop strategies that work.

Q What are some examples of "everyday prevention"?

A Several things you probably did today are examples of everyday prevention practice:

Did you buckle your seat belt before riding in a car? Brush your teeth? Take a vitamin or medicine that was prescribed for you by a doctor? Exercise?

In the same way, there are everyday practices to promote safety, community-wide well-being, and mental health.

See www.samhsa.gov and www.paxis.org for more information about community-based prevention.

**Dr. Kent Youngman
is CEO of the MHRB.**



Prevention means intervening before a problem develops or at the earliest sign of a problem to reduce the impact and course of that problem.