

# Partners in Recovery



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

## Crisis Intervention Team in Action

### 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



*A local team attended a two-day training in CIT-Youth this past February: Psychologists Dr. Kelley Callahan (TCN), Dr. Tim Callahan (Greene ESC), and Officer Jerry Bowen (Springfield PD).*

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Clark County—On May 5, Sheriff Gene Kelly and Sgt. Kris Schultz recognized the highly skilled intervention by Deputies Jeff Wise, Dustin Hensley, and Rob Trimble in safely de-escalating a crisis situation for a woman with mental illness.

"Visibly shaken and upset," Schultz described how an agitated woman feared for her life and "believed she had been held hostage."

Law enforcement are often first responders for youth and adults experiencing a mental illness crisis. Springfield Twp. EMS confirmed she was free of injury.

Based on careful inquiry of the woman and her friends, "we were able to deduce she was exhibiting symptoms of schizophrenia," said Schultz, crediting their Crisis Intervention Team (CIT) training. Schultz and Wise had attended the 40-hr. course, sponsored by the Mental Health & Recovery Board, to educate law enforcement about mental illness, including skills to manage crisis situations. Up to 10% of police encounters with civilians are believed to involve persons with mental illness.\* CIT equipped Schultz and Wise with skills to persuade her to seek treat-

ment and divulge she was diagnosed and hadn't taken prescribed medication since 2006.

**CIT will be held 8 a.m.-5 p.m. Mon.-Fri., Aug. 29-Sept. 2, 2011 in Xenia, Greene Co. Career Center Criminal Justice Center.**

Law enforcement, including police, deputies, dispatchers, etc. are encouraged to contact their supervisor, if interested in attending. First Responders, fire fighters, EMTs, crisis response team members are welcome to attend. **Contact Roselin Runnels 937-322-0648 x106 to register.**

\*(Deane, Steadman, Borum, Veysey, & Morrissey, 1999)

*“Recovery heals the entire family. When families are healed, our communities are healed,”*

*says Wendy Humphrey Doolittle, Director of McKinley Hall’s Women’s Program.*

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

## Recovery from Addiction Helps Heal Families



Springfield—Unlike most couples expecting their fifth child, Katie and David\* feared their baby’s birth.

As heroin addicts, Katie and David, believed their baby would be removed from their custody by Family and Children’s Services, which she was.

“We were referred to treatment at McKinley Hall and Family Dependency Drug Court with Judge Monnin,” David said. He was admitted to the residential program while Katie attended the intensive outpatient program for

women.

“Over time, the couple became very active in the 12-step community, becoming role models in their respective treatment programs,” described Wendy Humphrey Doolittle, Director of the Women’s Program at McKinley Hall.

After six months of hard work and dedication, Katie and David gained employment and moved into their own home.

The couple graduated from Family Dependency Drug Court two months later and won custody of their daughter.

Katie believes, “We were able to rebuild our lives thanks to these community resources.”

Judge Monnin presided over another milestone in the lives of Katie and David. In February, he married the couple.

Humphrey summarizes, “Recovery heals the entire family. When families are healed, our communities are healed.”

McKinley Hall is a contract provider of the Mental Health & Recovery Board. Call 937-328-5300.

\*Names have been changed to protect confidentiality.

### Quick Bites

#### STRAWBERRY & SPINACH SALAD

Prep Time: 10 Min

Ready In: 10 Min

- 2 bunches fresh spinach, rinsed & torn into bite-sized pieces
- 4 cups cleaned, sliced strawberries
- ½ cup vegetable or olive oil
- ¼ cup white wine vinegar or balsamic vinegar
- ¼ cup white sugar
- ¼ teaspoon paprika

- 2 tablespoons sesame seeds
- 1 tablespoon poppy seeds

#### Directions

In a large bowl, toss together spinach and strawberries.

In a medium bowl, whisk together the oil, vinegar, sugar, paprika, sesame and poppy seeds. Pour dressing over spinach and strawberries and toss to coat. (Hint: Do not pour dressing ahead of

time as dressing does not need to be refrigerated. Prepare dressing on portion you plan to eat because it does not save well on leftover salad in fridge.)

Add sliced almonds or pecans and red onions for a special treat!

8 Servings Per Recipe

#### Send us your recipes!

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

## MCSAC Invites Community to August Event

London—Sporting a new logo, the Madison County Substance Abuse Coalition (MCSAC) is championing several efforts.

The Coalition announces:

**An event Aug. 2, 2011 featuring Orman Hall, Director of the Ohio Department of Alcohol and Drug Addiction Services; Betty Montgomery, who is assisting in the Governor's initiative to address the opiate epidemic; and Dr. Joe Gay, the leading authority on the impact of opiate addiction in Ohio.**

The group formed in Sep-



tember 2010. Its mission is to raise awareness about the tragic effects of addiction to opiates.

This summer, members of a group called SOLACE (Surviving Our Lives and Continuing Everyday) from southern Ohio, will assist in local development of a similar group for families who have lost loved ones to opiate addiction. MCSAC mem-

bers created a Resource Guide and distributed surveys to the community and schools. Survey responses will provide critical data for the Coalition to inform upcoming activities.

Look for more information on MCSAC activities in future *Partners in Recovery*. Contact 937-322-0648 x103, [roselin@mhrb.org](mailto:roselin@mhrb.org).

*"In light of recent drug busts, this event comes at a good time to begin talking about what we are able to do,"*

*says Kent Youngman, CEO of the Mental Health & Recovery Board.*

## Mental Health Begins in Early Childhood

Springfield—For most young children (ages zero to six), social and emotional development unfolds in a predict-



able way. Children learn: to trust others; to share and play with adults and peers; and how to calm themselves down when upset.

Normal development can be interrupted by abuse and neglect, dangerous settings, and other traumatic experiences.

These young children may need help learning self-control and how to play with others.

Helping very young children means helping their parents, caregivers, and daycare teachers learn how to cope with challenging child behaviors like aggression, isolation, and withdrawal from others. Difficult early childhood behavior may also lead to speech and other delays.

Early childhood mental health consultation is a collaborative method to assist caregivers in promoting their young children's healthy development.

Several local resources are available: **Rocking Horse Center, 937-324-1111; Council on Rural Services, 937-760-2001; and Mental Health Services for Madison County, 740-845-7415.**



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

1055 East High Street  
Springfield, OH 45505

Phone: 800-435-7968  
937-322-0648  
Fax: 937-322-7631

**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  
THIS SUMMER!  
WWW.MHRB.ORG**

## Kent's Question & Answer

**Q Is it true that Alcohol/ Drug and Mental Health Boards will no longer pay Medicaid match?**

**A** On July 1, 2011 Boards will still pay Medicaid match for services, but funding is guaranteed by the state departments. Beginning July 1, 2012, the state will take over payment of Medicaid match entirely.

**Q Is Medicaid now under managed care?**

**A** Some portions of Medicaid are already under managed care. Services for people with severe and persistent mental illness may transition to managed care in the future.

**Q Are there now limits on Medicaid services for behavioral health?**

**A** Yes, beginning July 1, 2011 there will be limits on mental health services.

There are no limits on alcohol/drug services. Most services will have annual limits, but limits will depend on the type of service delivered.

**Q How do I know when I'm reaching my service limit?**

**A** Talk to your alcohol/drug or mental health treatment provider to discuss service limits. Your provider will have a way to look up your services.

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



**There are several changes in our community system related to Medicaid and the Governor's budget.**