

Partners in Recovery



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

New Foundation Chair Calls for Members

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



Board of Trustees

- Brock Burcham
- Randall Comer
- Tracy Engel
- John Federer (Vice Chair)
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- Melissa Patsiavos
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- Carolyn Swanger
- Gail Welsh

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Springfield—Doug Paugh, newly elected Chair of Clark County's Mental Health Foundation, aspires to bring greater diversity to the group. Paugh says his "first goal is basic, but important," and plans to focus on recruitment. He explains that

the 501-C-3's charter calls for 15-25 members.

"We have had many dedicated members since we formed in 1986. It's time to recruit new vibrant, energetic community members."

"Our mission is about people," explains Paugh.

"We raise awareness that one in 23 residents receive vital services for mental illness and addiction.

"We've funded special projects, like car repair and guardianship, for families unable to afford it." The Foundation supported purchase of food for NAMI and enhanced security for Project Woman.

Despite the economic downswing, recent reports suggest charitable giving increased in 2010.

"I'm confident we can bring on interested, caring leaders, who want to give back."



Contract agencies of the Mental Health & Recovery Board are eligible to apply for up to \$5,000 for specific, need-based services for residents including: Mental Health Services; McKinley Hall; United Senior Services; NAMI; Project Woman; Family & Children First; and Oesterlen.

To learn more, contact Nancy Chiles 937-322-0648, nancy@mhrb.org.

“If Adrianna would have been “shushed” by the teacher because of her unpleasant behavior, the family wouldn’t have obtained needed help in a timely manner,”

says Beth Smith, Early Childhood Mental Health Consultant.

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

“This community is passionate about action. You could see it on their faces,”

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

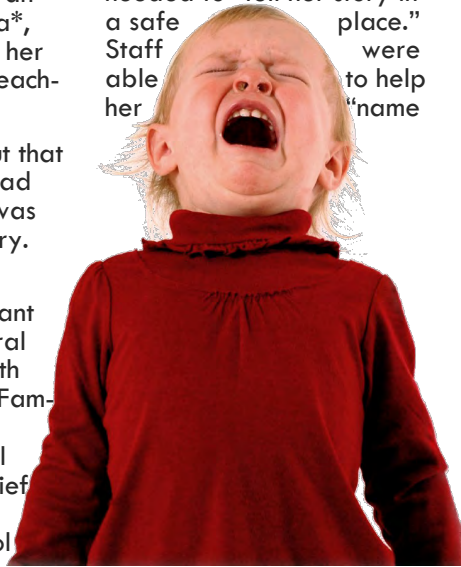
Unpleasant Behavior Sends A Powerful Message

Xenia—Beth Smith describes, “observing an angry little girl, Adrianna*, who screamed and hit her peers and preschool teachers.”

Smith quickly found out that the little girl’s father had died and her mother was deployed in the military.

As an Early Childhood Mental Health Consultant with the Council on Rural Service Providers, Smith referred Adrianna to Family Solutions Center, a Greene County mental health provider for grief and loss counseling. Smith helped preschool

staff understand that she needed to “tell her story in a safe place.” Staff were able to help her



and learn about her feelings while learning healthier ways to cope.”

Although Adrianna still gets mad, she is able to show it in a way that does not hurt others or jeopardize her preschool placement. Mom has begun a new relationship, which has been positive for Adrianna.

MHRB supports early childhood mental health services. Family Solutions Center is a contract agency of the MHRB and moved to a new location August 15, 2011. Visit www.tcn-bhs.org for more information.

*Names and details have been changed to protect confidentiality.



Madison County’s Drug Forum Looks for Solutions

London—Over 100 young and adult residents attended an event August 2 from 6:30-9 p.m. hosted by the Madison County Substance Abuse Coalition (MCSAC).

Four speakers led a discussion about abuse of illegal and legal opiates, like heroin, Oxycontin, and Percocet, including: London Police Chief David Wiseman; Orman Hall; Betty Montgom-

ery; and Dr. Joe Gay. They emphasized how easily, and cheaply available opiates are, especially black tar heroin. Drug dealers target rural communities, like Madison County in addition to suburban areas.

The group discussed how the community is affected by the epidemic, from burglary by desperate addicts, to increasing drug related caseloads in the legal sys-

tem, to loss of life by overdose.

Kent Youngman, CEO of the Mental Health & Recovery Board said, “The speakers were impressed by community member interest and enthusiasm to address this problem.”

The next MCSAC meeting is Mon., Sept. 12, 11:30 a.m. at the Madison County Chamber of Commerce. Contact 937-322-0648 x106, roselin@mhrb.org.

BREAKFAST MINI-PIZZAS

Prep Time: 5 Min

Ready In: 15 Min

- 4 English muffins
- olive oil
- tomato slices
- 2 hard-cooked eggs, sliced
- grated mozzarella cheese
- oregano or Italian seasonings
- salt

Directions

To hard-cook eggs, place in single layer in pot filled with cold water, covering eggs by one or two inches. Bring to a full, rolling boil, cover the saucepan. Keep lid on pan and remove from heat. Set a timer and let stand for 12 minutes. Drain the pot and transfer eggs to a bowl of cold water to stop cooking process. Crack, peel, and slice the eggs.

Toast 8 English muffin halves and

place on a cookie sheet. Drizzle each with olive oil, then layer on tomato slices, hard-cooked egg slices (1/2 egg each) and a little grated mozzarella. Sprinkle with seasonings. Broil 5 minutes in oven until cheese melts.

Store hard-cooked eggs in shell for up to one week; use right after peeling.

From RealSimple.com

Send us your recipes!

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

Walk & Training Promote Depression Awareness



Fairborn—In honor of National Suicide Prevention week, Beaver Creek High School Peer Listeners and PROJECT BRITE STAR, a chapter of the Yellow Ribbon Suicide Prevention Program, are hosting their 5th annual **5K Walk for Life on Sat., Sept. 17, 10 a.m.**

Families who have lost loved ones to suicide are encouraged to attend. Registration begins 9 a.m.

\$20 registration covers T-

shirt, food, drinks, and games following the walk.

Youth 12 and under are free. See www.projectbritestar.org to register.

Depression is the mental illness most often associated with suicide. Young people, middle-aged white men, and seniors are at greatest risk for suicide, with men 3 times more likely to take their own lives compared to women in Ohio.

Clark, Greene, and Madison County Suicide Prevention Coalitions, supported by the Mental Health & Recovery Board, **offer free, on-site depression awareness training** to local government, churches, businesses, schools, and senior centers.

Training is interactive and tailored to your group.

Knowing the signs of depression and how to get help, may save a life!

Contact Greta Mayer to schedule training for your group, 937-322-0648 x103 greta@mhrb.org.



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

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Springfield, OH 45505

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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 FALL!

Kent's Question & Answer

Q Aren't people with mental illness unreliable employees?

A No. Employers believe the exact opposite: employees with mental illness often have better attendance and punctuality than employees without mental illness.

Q What kind of positions to people with mental illness hold?

A Some think that people with mental illness are only able to work in entry-level positions. However, equal or better motiva-

tion, quality of work, and job tenure in employees with mental illness compared to others.

Q What about people with addiction? Are they reliable workers?

A Yes, people in recovery from alcohol/drugs are quite capable of becoming long-term employees. Being given a chance to work again is the biggest hurdle for successful employment. Employee loyalty is very high among those in recovery.

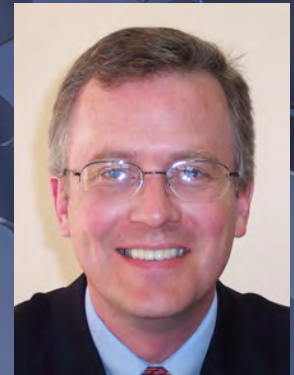
Q Is unemployment a problem for people with mental illness?

A Yes, unemployment is 90% among those with serious mental illness (schizophrenia, bipolar, depression). From 60-70% of people with mental illnesses *want* to find work. Having a job is huge part of being self-sufficient and feeling good about yourself.

Our next issue will feature an exciting work project for those in recovery.

From *Working to Recover*,
OACBHA.org.

Dr. Kent Youngman
is CEO of the MHRB.



Competitive employment helps reduce stigma by helping people in recovery work next to others in their community.