

Partners in Recovery

Volume 7, Issue 2

May 2017

Mental Health & Recovery Board News for Clark, Greene and Madison Counties ■ *Help for Today. Hope for Tomorrow.*

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**Be Sure to
Save the List
of MHRB
Partner Agencies
on Page 3**



24-HOUR CRISIS HOTLINES

CLARK COUNTY

Mental Health Services
(937) 399-9500

GREENE COUNTY

TCN Behavioral Health
Services, Inc.
(937) 376-8701

MADISON COUNTY

Mental Health Services
for Madison County
(740) 852-6256

Text:

4hope to 741741

One Man's Journey on the Road to Recovery

Michael Farmer, 34, is a Springfield native and co-owner of Keyton Concepts and Dream Clean Services. For the first time Michael owns a new car, has a family that looks up to him, and is a positive member of the community. However, his life was not always so promising. Michael's drug use began early in life; he began smoking marijuana when he was 16 years old. By 17, he was using opiates and Xanax. "From there on," Michael explains, "it was all bad; I couldn't stop." He did not recognize the severity of his addiction until he was sentenced to a year in prison around the age of 24 for stealing ten thousand dollars to support his habit. After serving his sentence, Michael began using heroin, which he used for the following eight years.

"I was only clean in prison," Michael says as he explains how he hid his drug use from the people closest to him. At 27, Michael was arrested by an undercover police officer after attempting to sell OxyContin. Upon release, Michael moved to Kentucky and continued using opiates; he served another sentence there and returned to Dayton where he used his college grant money to buy heroin. Michael resorted to stealing, and served another 18-month sentence at Clark County Jail ordered by Judge Denise Moody. He started with McKinley Hall while in jail, then went to the New Day House for residential treatment for 32 days. Upon release, he continued outpatient treatment with McKinley Hall but success was short-lived. After relapsing, Michael overdosed twice and was sent back to jail to complete the rest of his 14½-month sentence.

Michael planned to kill himself; he tried to reach out to others but only one person answered—his best friend. "I didn't want to get high anymore," Michael

says. While in jail, he started back with McKinley Hall and the group "Thinking for Change" through Opportunities for Individual Change (OIC). Michael entered the Vivitrol Program, Intensive Outpatient, and After Care through McKinley Hall. During this time, Michael also worked the Twelve Steps — "[It] helped me tremendously," he adds.

With 18 months of recovery, Michael had his driver's license and became part owner in a company he runs with his best friend. "I have a good support network now," Michael says. "[I have] NA members, my mother, father, and family have come back into my life." Michael graduated from McKinley Hall, is the first person to complete the Vivitrol Program, and has been released from probation. "The best part of getting clean," Michael adds, "is getting your life back, not having to be controlled [by drugs] anymore and the freedom you get from it."



ABOVE: Michael Farmer stands outside McKinley Hall in Springfield...the treatment center instrumental in his road to recovery.

Addiction: Choice or Chronic Disease?

Have you ever wondered, "Is addiction a choice that someone consciously makes or is it a chronic disease?" If you've assumed that it's a choice, you're not alone—most people think that addicts choose to abuse drugs, alcohol, gamble or take part in a behavior and activity that negatively affects their lives and those around them.

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The causes of addiction vary greatly, and it can happen to anyone, regardless of age, gender, income, race, or other demographics. Causes include genetics, environment, exposure to alcohol, drugs, trauma and access to resources. However, these risk factors can also "protect" a person from developing an addiction as well.

So, what is the medical definition of addiction? The U.S. Surgeon General's Report on alcohol and drugs defines addiction as:

A chronic, relapsing brain disease that is characterized by...

- compulsive drug seeking and use despite the consequences; and
- the potential for reoccurrence (relapsing) and recovery.

Causes of Addiction

Some of the underlying causes of any form of addiction include:

Lifestyle Choices: Choices in the moment might seem trivial until they aren't—however, some people can try a substance, but not become addicted.

Genetics: There is strong evidence that the risk of addiction is greater in some families.

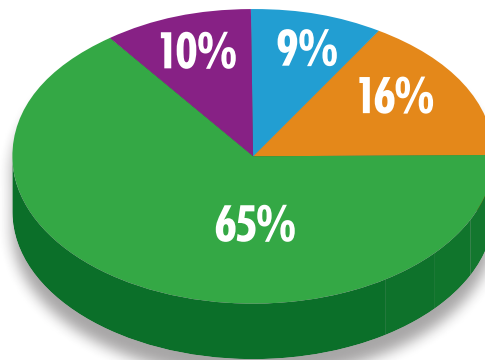
Brain Chemistry: The brain's pleasure center releases chemicals, like dopamine, to prioritize what is vital to survival. Addiction makes physiological changes to the body.

Environment: Family history and emotional/traumatic events, especially during childhood, can injure the brain.

Addiction is a chronic disease. Like many other health problems, it is preventable and treatable, but requires long-term recovery and ongoing support.

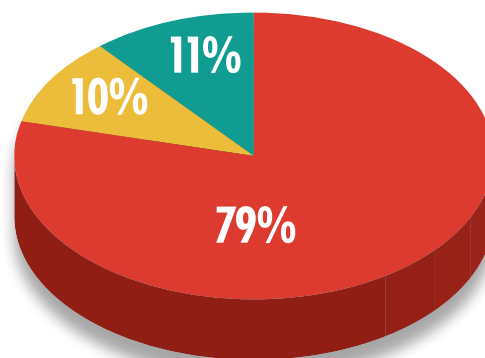
MHRB Fiscal Year 2016 Annual Report

Total Board Funding



- Federal:
\$1,526,465
- State:
\$2,730,640
- Levy:
\$11,164,571
- Grants/Other Local:
\$1,627,174

Total Board Expenses



- Treatment & Prevention:
\$13,444,291
- Administration:
\$1,640,082
- Property Management:
\$1,964,477

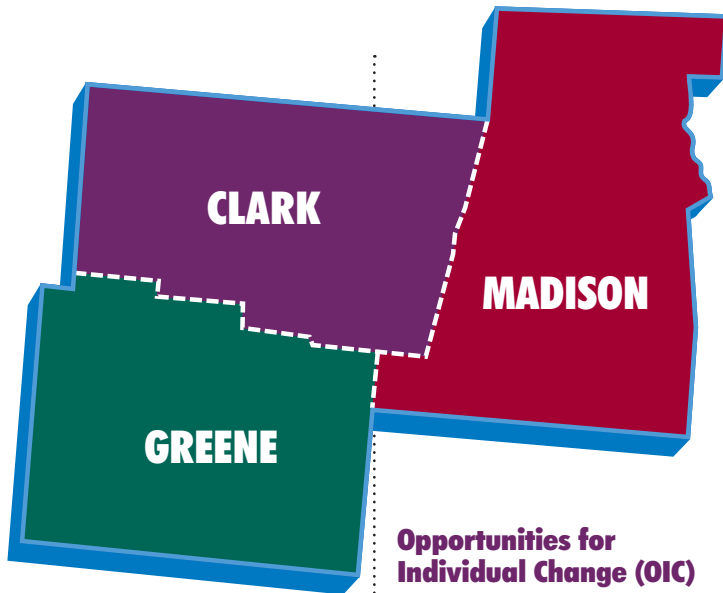
FY 2016 Annual Report Data* (in dollars)

FUNDING SOURCE	CLARK	GREENE	MADISON	TOTAL
Federal	715,701	690,574	120,190	1,526,465
State	959,919	1,406,348	364,373	2,730,640
Levy	6,256,859	4,507,272	400,440	11,164,571
Grants/Other Local	1,139,950	485,724	1,500	1,627,174
TOTAL	9,072,429	7,089,918	886,503	17,048,850

EXPENSES	CLARK	GREENE	MADISON	TOTAL
Treatment & Prevention	7,284,032	5,367,077	793,182	13,444,291
Administration	892,815	653,946	93,321	1,640,082
Property Management	895,582	1,068,895	—	1,964,477
TOTAL	9,072,429	7,089,918	886,503	17,048,850

*NOTE: There is a slight variance in numbers due to rounding

MHRB Partner Agencies



CLARK COUNTY

Clark County Family & Children First Council

1345 Lagonda Avenue
P.O. Box 967A
Springfield, OH 45501
Phone: (937) 327-1991
www.clarkfamilyfirst.org

Matt Talbot House

809 South Limestone Street
Springfield, OH 45505
Phone: (937) 322-0872

McKinley Hall, Inc.

1101 East High Street
Springfield, Ohio 45505
Phone: (937) 328-5300
www.mckinleyhall.org

Mental Health Services for Clark and Madison Counties, Inc.

474 North Yellow Springs Street
Springfield, Ohio 45504
Phone: (937) 399-9500
www.mhsc.org

Oesterlen Services for Youth

1918 Mechanicsburg Road
Springfield, Ohio 45503
Phone: (937) 399-6101
www.oesterlen.org

Opportunities for Individual Change (OIC)

10 South Yellow Springs Street
Springfield, Ohio 45506
Phone: (937) 323-6461
www.oicofclarkco.org

Project Woman

1316 East High Street
Springfield, Ohio 45505
Phone: (937) 328-5308
www.projectwomanohio.org

Springfield Metropolitan Housing Authority

101 West High Street
Springfield, Ohio 45502
Phone: (937) 323-2150
www.ci.springfield.oh.us

United Senior Services

101 South Fountain Avenue
Springfield, Ohio 45502
Phone: (937) 323-4948
www.unitedseniorservices.org

WellSpring

15 East Pleasant Street
Springfield, Ohio 45506
Phone: (937) 325-5564
www.wellspringfield.org

GREENE COUNTY

Family Violence Prevention Center of Greene County

380 Bellbrook Avenue
Xenia, Ohio 45385
Phone: (937) 376-8526
www.violencefreefutures.org

Greene County Educational Service Center

360 East Enon Road
Yellow Springs, OH 45387
Phone: (937) 767-1303
www.greeneesc.org

Greene County Family & Children First Council

158 East Main Street
Xenia, Ohio 45385
Phone: (937) 562-5600
www.co.greene.oh.us/fcf/default.asp

Greene County Juvenile Court

2100 Greene Way Boulevard
Xenia, Ohio 45385
Phone: (937) 562-4000
www.co.greene.oh.us/JUV/

Greene Leaf

45 North Detroit Street
Xenia, Ohio 45385
(937) 562-5084
www.co.greene.oh.us/APD/gltc.htm

Housing Solutions of Greene County, Inc.

335 East Market Street
Xenia, Ohio 45385
Phone: (937) 376-7810
www.hsgreeneco.org

TCN Behavioral Health Services, Inc.

Xenia Location:

452 West Market Street
Xenia, Ohio 45385
Phone: (937) 376-8700
www.tcn-bhs.org

Fairborn Location:

600 E. Dayton Yellow Springs Road
Fairborn, OH 45324
Phone: (937) 879-3400
www.tcn-bhs.org

Family Solutions Center:

287 Cincinnati Avenue
Xenia, OH 45385
Phone: (937) 427-3837
www.tcn-bhs.org

Women's Recovery Center

515 Martin Drive
Xenia, OH 45385
Phone: (937) 562-2400
www.recoverycentersinc.org

MADISON COUNTY

Madison County Family Council

200 Midway Street
P.O. Box 624
London, Ohio 43140
Phone: (740) 852-5343
www.co.madison.oh.us/667/index.html

Mental Health Services for Madison County

210 North Main Street
London, Ohio 43140
Phone: (740) 852-6256
www.mhsmc.org

REGIONAL COMMUNITY RESOURCES AND SUPPORTS

National Alliance on Mental Illness (NAMI)

222 East Street
Springfield, Ohio 45505
Phone: (937) 322-5600
www.namigm.org

Depression and Suicide Prevention Coalitions

Visit www.mhrb.org for meeting locations and times.

Substance Abuse Prevention and Treatment Coalitions

Visit www.mhrb.org for meeting locations and times.

London Recovery Project

60 South Walnut Street
London, Ohio 43140
www.facebook.com/LONDONRECOVERYPROJECT

Many Pathways

50 West High Street
Springfield, OH 45502
Phone: (937) 717-9639
www.facebook.com/manypathwaysclubhouse

The Hope Spot

335 East Market Street
Xenia, Ohio 45385
(937) 352-6367
www.facebook.com/thehopespotofgreeneconomy

Greta's Question&Answer

Stigma and Discrimination

Stigma is a negative stereotype; **discrimination** is the behavior that results from that stereotype.



Dr. Greta Mayer
CEO of MHRB

Greene County Board member, **Patrick Williams** helps us address stigma:

Q: Where does stigma come from?

A: The term "stigma" means to apply a label of inferiority to someone else because they are different than you. One thing all of us have in common is that we're all different and we apply labels to those differences. While physical stigmatization by branding a person's skin is a thing of the past, modern societies still stigmatize those who are different from us, especially in the realm of brain illnesses.

Q: How does stigma play out with brain illnesses?

A: A person with addiction or bipolar illness may be avoided, teased, or mocked. These actions are clear to the person with the illness: because you're different, you have less value. Brain illnesses are not the result of poor self-control or lack of moral character. They are every bit a "real" medical condition as cancer or diabetes.

Q: Why is stigma a problem for people with mental illness or addiction?

A: The greatest problem of stigma is that **people who need help choose not to get it**

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 for its residents.



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

1055 East High Street • Springfield, OH 45505
Phone: (937) 322-0648 • Fax: (937) 322-7631

Website: www.mhrb.org
www.facebook.com/mentalhealthrecoveryboard

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because they're worried about what friends or family might say or think. Sadly, people end up choosing to suffer silently and the illness continues to grow. The result is much needless suffering and sometimes even death.

Q: What can I do to help reduce stigma and discrimination?

A: While it's cliché, the Golden Rule of treating others as you would have yourself treated is entirely applicable. Ask yourself, "How would I feel being looked down upon

just because I was seeking help for a medical problem?" The power to eliminate stigma is in your hands, but only you can make the decision.

Williams suggests that we examine our own attitudes and actions. You can help us change the conversation!

MHRB New Board Appointee

Stephen Massey is the newest addition to the MHRB Board. He was sworn in on February 21, 2017 by Clark County Commissioner, Melanie Wilt. Massey was born and raised in Springfield, attended Springfield City Schools, and now wishes to give back by "serving the underserved." Massey enjoys working as an advocate in the community to help individuals and families gain stability. Massey has years of experience

working in substance abuse treatment and is currently pursuing a Master's Degree in Professional Mental Health Counseling. He co-facilitates CitiLookout's domestic violence Program "Journey to Freedom" and is excited to begin as their Director of Advocates. Ohio Attorney General Mike Dewine awarded CitiLookout a grant to become one of five trauma recovery centers in Ohio aimed at helping victims of violence recover and access services.



ABOVE (left to right): Dr. Greta Mayer, Clark County Commissioner Melanie Wilt, Stephen Massey and MHRB Board Chair Lauren Ross