

Partners in Recovery



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37 in Clark, Greene & Madison complete Crisis Intervention Team training

Last month, Mental Health & Recovery Board of Clark, Greene & Madison Counties (MHRB) hosted a five-day, 40-hour intensive Crisis Intervention Team (CIT) training for law enforcement individuals from the Board's three-county region at Antioch University Midwest in Yellow Springs.

CIT is an internationally recognized best practice for law enforcement as they respond to crisis situations involving individuals living with mental illness. Throughout the training, participants learn about topics such as forensic monitoring, de-escalation techniques, psychiatric medications, trauma, and voluntary and involuntary hospitalization and client rights, while also participating in interactive hallucination simulations and role plays. Although parts of the curriculum are standardized, MHRB strives to include as much local information as possible, including ride-alongs where training participants visit group homes, psychiatric units, and recovery housing within the area to facilitate positive interactions between people living with mental illness or addiction and law enforcement.

This local focus—and the training itself—would not be possible without a dedicated planning committee. This year's committee included: Yellow Springs Police Chief **Brian Carlson** and Community Outreach Specialist **Florence Randolph**, South Charleston Police Chief **Brian Redish**, London Police Chief **Glenn Nicol**, Springfield City Police Chief **Lee Graf** and Lieutenant **Allison Elliott**, Greene County A.C.E. Task Force Captain **Scott Anger**, Xenia Police Division Captain **Gary Johnson**, Lieutenant **Michael Young** and Deputy **Wendy Donovan** of the Clark County Sheriff's Office, NAMI Clark Greene Madison Counties' **Angela Dugger** and **Erica Picklesimon**, Mental Health Services' **Lynn Coressel** and **Jerry Newport**, TCN representative **Calen Kuck**, and MHRB staff **Dr. Greta Mayer**, **Tracey Stute**, **Adriane Miller**, **Jennifer Brown**, and **Brianna Wilson**.

Participants, their guests, and law enforcement officials celebrated trainees at a graduation ceremony Friday, September 13. Captain **Scott Anger**, director of Greene County's A.C.E. Task Force acted as master of ceremonies. The 2019 CIT class included representatives from the Clark County Sheriff's Office, South Charleston Police



Department, Springfield City Police Division, Beaver Creek Police Division, Fairborn Police Department, Greene County Sheriff's Office, Wright State University, Xenia Police Division, Yellow Springs Police Department, London Police Division, Madison County Sheriff's Office, and West Jefferson Police Department.

During the graduation ceremony, keynote speaker **Dr. Kathy Platoni**, a renowned expert in post-traumatic stress disorder (PTSD) and trauma, survivor of the Ft. Hood massacre, and practicing clinical psychologist in Centerville, Ohio, spoke of her recent involvement in the aftermath of the Dayton shootings.

"I will continue to walk this journey with every police officer who finds their way to my doorstep, which I have done 12 to 16 hours a day for the last five weeks, seven days a week...whatever it takes to keep them mission capable. This is my solemn duty to those who walk the thin blue line," Platoni said.

She went on to discuss how critical it is for officers to seek help to address the trauma they experience. "There is an unmistakable message here not to be overlooked or missed; asking for help from peers or seeking assistance from the mental health arena...will make you braver than

TOP: The 37 graduates of the Crisis Intervention Training (CIT)

LEFT: MHRB CEO Greta Mayer, Dr. Kathy Platoni, and Captain Scott Anger

RIGHT: CIT Officers of the year receive awards presented by MHRB CEO Greta Mayer and Captain Scott Anger; officers pictured left to right: Officer Chris LeGrand, Deputy Wendy Donovan, and Officer Travis Hunsbarger

you ever thought you were. The weight of the world is not meant for you to carry alone and the journey upon which you are about to embark must never be a solitary one."

During the ceremony, CIT Officer of the Year awards were given to Deputy **Wendy Donovan** of the Clark County Sheriff's Office, Officer **Travis Hunsbarger** of the Fairborn Police Department, and Officer **Chris LeGrand** of the London Police Division for their exceptional service.

"These officers were nominated by colleagues, carefully considered by the planning committee, and chosen because they exemplify CIT traits of fostering collaboration, they show compassion, they work to understand mental illness and reduce stigma, and they consistently apply these characteristics when interacting with individuals impacted by mental illness," said **Tracey Stute**, director of prevention, treatment, and support at MHRB.

STAND UP TO SUICIDE

90 MINUTES TO SAVE A LIFE

11-county effort trains 1,542 in suicide prevention

Ohio loses one person to suicide every five hours. That's not OK, and several county behavioral health boards did something about it in honor of National Suicide Prevention Month.

This September, eleven county boards implemented **Stand Up to Suicide**, a month-long effort to train as many people as possible in an evidence-based suicide prevention curriculum called **Question, Persuade, Refer (QPR)**.

"This may be the biggest effort of its kind across Ohio," said **Heather Wells**, Engage 2.0 project coordinator for Southwest Ohio, who led the training effort. "It's modeled on a program that the City of Louisville, Kentucky undertook not long ago."

Clark, Greene & Madison Counties have seen many suicides in recent years. In 2018 alone,

the three-county board area had 62 deaths by suicide, according to Ohio Public Health Information Warehouse data.

During September, MHRB and its partners trained more than 460 individuals in QPR. Among those trained were:

- Fairborn High School and Baker Middle School staff
- Fairborn Lions Club
- Graduate students at Wright State University
- Law enforcement officials from Clark, Greene, and Madison Counties
- Staff at United Senior Services
- Students at Wittenberg University
- Members of the Child and Family Collaborative in Clark County
- Staff at Madison County Board of Developmental Disabilities
- Daily Needs Assistance Community Center of Plain City

MHRB received positive feedback about the training, including a heartwarming story from

Jeanne Simonton, early childhood mental health consultant. "This is such important information to impart. I was at a restaurant in Yellow Springs the day following the QPR training and our waiter looked a little teary eyed, so I asked him if he was doing ok, and he broke down crying and thanked me for asking...see, your training is already working!"

Although National Suicide Prevention Month is over, MHRB staff is committed to suicide prevention efforts year-round. MHRB CEO **Greta Mayer** chairs the Committee to Address Suicide at the Ohio Association of County Behavioral Health Authorities and serves on Ohio's statewide suicide prevention planning committee. MHRB adopts a leadership role in the suicide prevention coalitions in all three counties.

Anyone wishing to have their employees or workplace trained in suicide prevention can schedule a training by emailing **Adriane Miller** at adriane@mhrb.org.



Managing your mental health with nutrition

Chances are, you've had trouble focusing at some point. But for some individuals, inability to focus is more than a case of "the Mondays." Difficulty focusing, trouble controlling behavior, excessive fidgeting, and hasty decision-making can be symptoms of attention-deficit/hyperactivity disorder, also known as ADHD. One of the most common childhood disorders, about 11 percent of children and adolescents have been diagnosed with ADHD, according to the National Institute of Mental Health.

ADHD often is treated with medication, but others have found success with making dietary changes in conjunction with other forms of treatment. Nutritional experts recommend eating the following types of foods to increase focus and optimize brain functioning:

- Dark green vegetables, like kale or spinach
- Yellow vegetables, like squash
- Red vegetables like rhubarb, red cabbage, or red potatoes
- Whole grains
- Low-fat milk, yogurt, or cheese
- Lean proteins, including poultry, fish, eggs, beans, and nuts
- Foods rich in Omega-3 fatty acids, like canola oil, walnuts, and salmon

If you want to try alternative ways to combat ADHD, or if you simply are craving fall flavors, check out the recipe below:

Holistic Health Recipes

Pumpkin Protein Bars

Ingredients:

- 15 oz canned pumpkin
- 1/4 c light coconut milk
- 2 Tbsp macadamia nut oil
- 1 tsp vanilla
- 5 egg whites
- 1/4 c honey
- 1/2 c coconut sugar
- 3/4 c almond meal
- 3/4 c all-purpose, gluten free flour
- 1/4 c flax meal
- 1/4 c vanilla pea protein powder
- 2 tsp baking powder
- 1 tsp baking soda
- 1 Tbsp pumpkin pie spice



Directions:

1. Preheat oven to 350° F
2. Mix the pumpkin, coconut milk, oil, vanilla, egg whites, honey, and coconut sugar with an electric mixer at medium speed
3. In a separate bowl, mix dry ingredients
4. Combine wet and dry ingredients with an electric mixer, using medium or high speed
5. Spray a 10.5 by 15-inch baking pan with non-stick cooking spray and spread batter evenly
6. Bake 20 to 25 minutes
7. Top with frosting if desired
8. Cool and enjoy





Community Corner

Madison County Prevention Youth Leadership Summit

Madison County Prevention (MCP) held its first-ever **Youth Leadership Summit** Saturday, September 21 at the Madison County Fairgrounds for all Madison County students between ninth and twelfth grades.

Students that attended participated in a Youth Leadership and Skill Development training presented by **Youth to Youth International**, heard a presentation on JUULing with **Truth Initiative**, made a graffiti wall, and closed out the night with a GLO paint party.

The GLO paint party was donated by the American Legion Post 417, and chaperones were provided by London City Schools, MCP, Madison County WrapAround, Madison County Public Health, London City Police, Madison County Sheriff's Department, and Cedarville University.

The annual event will be open to middle school students next year.



TOP/CENTER: Madison County students participate in leadership and skill development exercises and workshops

BOTTOM: Summit attendees enjoyed the GLO paint party

Mental Health Services Madison County holds peer recovery success dinner

Tuesday, September 24, Mental Health Services Madison County held its third annual peer recovery success dinner, with more than 60 individuals in attendance. Local peers in recovery cooked the meal.

"If it weren't for the peers in recovery this event would not have been possible. It took a lot of hard work and accountability," said **Kristina Smith**, peer recovery advocate.

In celebration of the 30th anniversary of Drug & Alcohol Awareness Month, several speakers shared their thoughts on gratitude. The event was sponsored by Madison County Chamber of Commerce, Wilson Printing, Starr Trophy, and other local businesses.



McKinley Hall sponsors 8th annual recovery banquet

Thursday, September 26, McKinley Hall hosted its eighth annual **Recovery Works!** banquet, which celebrates local stories of recovery. This year's event featured guest speakers Mark R., who shared about his journey to recovery, and Andrew R., who shared about losing his mother to overdose. Andrew's speech focused on



combating the myth that addiction is relevant to one demographic group; he used personal experience to show that it can happen to anyone regardless of race, ethnicity, or socio-economic status. Now a member of **Students Talking About Real Stuff (STARS)**, a youth-led group, Andrew promotes prevention, education, and healthy life choices. Both speakers received a standing applause. The event also included a panel with **Lieutenant Korgi Mori, Lieutenant Michael Young, Eli Glaser, and Wendy Doolittle.**

Register now for MHRB's Exceptional People Awards event

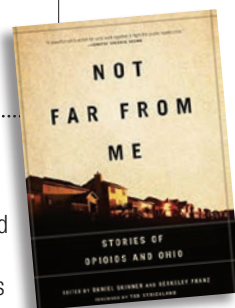
MHRB's annual Exceptional People Awards event will be held Tuesday, November 19 from 6:30 to 7:45 p.m. at the Masonic Home Clubhouse, 2655 West National Road in Springfield. Anyone wanting to attend the event is asked to register by November 15 at:

<https://exceptionalawards.eventbrite.com>

Forum on economic impact of the opioid crisis

MHRB, Ohio University, the Greene County Drug-Free Coalition, and Kettering Health Network invite you to discuss the economic impact of the opioid crisis in Ohio (and how our community can address it). This free event is Friday, November 15, from 11:30 a.m. to 1:30 p.m. at Kumar Center, Soin Medical Center, 3535 Pentagon Boulevard in Beavercreek.

Using first-person stories from the new book, **Not Far from Me: Stories of Opioids and Ohio**, this community conversation, led by Ohio University staff, will provide an opportunity for affected families, local professionals, and community leaders to engage in an in-depth discussion to encourage



critical, historically-informed dialogue around opioid use, with the aim of reducing stigma. Additional information about the book can be found at www.notfarfromme.org.

Topics of discussion will include:

- Economic toll of the opioid crisis for people with substance use issues, their families, and communities as a whole
- Training and treatment issues for employees with a substance use disorder
- How employers can create policies to combat these issues
- How the community can use the Collective Impact Model to develop effective strategies for change
- How the community can move forward and address the consequences together

This program is made possible, in part, by Ohio Humanities, a state affiliate of the National Endowment for the Humanities. Event space is provided by Kettering Health Network.

All business and community members of Clark, Greene, and Madison Counties are welcome to register today at:

<https://opioidimpact.eventbrite.com>.

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Community Corner

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New mental health resource for farmers

Combined, Clark, Greene & Madison Counties are more than 70% rural farmland—so chances are, we don't have to tell you how stressful farming can be. You already know. But you may not know that our state and local agencies are here to help. Recently, Ohio Departments of Agriculture and Mental Health & Addiction Services, RecoveryOhio, Ohio Farm Bureau, and other key partners banded together to create the **#GotYourBack** campaign. The campaign aims to raise awareness about farmers' mental health, combat stigma, and connect farmers with local mental health resources.

Learn more at:

www.agri.ohio.gov/wps/portal/gov/oda/gotyourback



**Mental Health
& Recovery Board**
Clark | Greene | Madison

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

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Mental Health & Recovery Board of Clark, Greene & Madison Counties welcomes four board members

At its first full meeting of State Fiscal Year 2020, MHRB welcomed three new board members: **Dr. Michael Sherr** representing Greene County, **James Brown** representing Clark County, and **Howard Maynard** representing Madison County. All three new members were appointed by county commissioners from their respective counties. Representing each commission was Madison County Commissioner **David Hunter**, Greene County Commissioner **Thomas Koogler**, and Clark County Commissioner **Lowell McGlothlin**.

"I am honored to serve the citizens of Greene County by ensuring that MHRB are good stewards of the resources allocated to provide mental health and recovery services," said Sherr, who also serves as chair and professor of the social work department at Cedarville University.

Board member Captain **Scott Anger** also was reappointed by Ohio Mental Health & Addiction Services after serving two full terms under the Greene County Commission appointing authority. He was sworn in by Greene County Commissioner Koogler.



Free short-term therapy for individuals impacted by Memorial Day tornadoes and Oregon District shooting

MHRB is partnering with the **Trauma Recovery Network** to provide **Eye Movement Desensitization and Reprocessing (EMDR)** therapy to individuals impacted by the Memorial Day tornadoes and the Oregon District shooting. EMDR is an evidence-based therapy for trauma and post-traumatic stress disorder, which aims to help individuals heal from detrimental symptoms and emotional distress. Contact **Adriane Miller** at **937-322-0648 ext. 106** or adriane@mhrb.org to sign up for your free short-term (3-6) EMDR sessions.

**24-HOUR
CRISIS
HOTLINES:**

**National Suicide
Prevention Lifeline**
Toll-free:
1-800-273-TALK

Crisis Text Line
Send a text message
to a trained crisis counselor:
text **4hope** to **741741**

**Clark County
Mental Health
Services**
(937) 399-9500

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

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