



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

Volume 8, Issue 2 ■ October 2018

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Upcoming Events:

- ADHD Awareness Month — October
- National Domestic Violence Awareness Month — October
- Election Day — November 6
- International Survivors of Suicide Day — November 17



Share your story at
addictionchangesfamilies.com



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**

PARTNERS IN RECOVERY



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

Mental Health Levy on Nov. 6 Ballot in Clark County

Tuesday, November 6, Clark County residents will have the opportunity to voice their support for the Mental Health renewal levy. Voting for it supports 25% of all mental health and addiction services in Clark County. And the cost of these services is minimal: the owner of a \$100,000 home would pay less than \$3 per month. While cost is low, impact is high. Each year, Mental Health and Recovery Board (MHRB) funds help 10,000 Clark County residents access programs, services, and resources at 11 local partner agencies.

Voting for the levy means voting for help, healing, and hope. It means building supportive communities, strong families, and safe schools. But don't take our word for it. Below, Kenwood Elementary School Counselor Emily Zimmerman shares how MHRB funds impact Clark County youth and families:

"Like many other educators, I hope to see my students go on to reach their maximum potential for personal, social, academic, and career success. The Mental Health and Recovery Board (MHRB) of Clark, Greene & Madison Counties helps me do just that.

This school year, my school is implementing the PAX Good Behavior Game (GBG). MHRB is the primary funder for PAX GBG in Clark County. Lifetime outcomes for students exposed to even just one year of PAX GBG are significant. They exhibit:

- less use of nicotine;
- less abuse of alcohol and other drugs;
- greater persistence toward high school graduation;
- greater matriculation rates into college and other post-secondary training programs;
- less need for individualized education programs;
- less need for mental health services; and
- fewer suicide ideation/attempts.

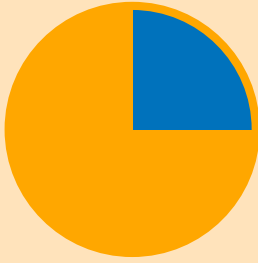
I want to take a minute and briefly discuss suicide ideation and attempts, because it really hits home for me. Because I work in an elementary school, you may not think I deal with many concerns of suicide ideation and self-harm, but I do...quite frequently. My students are in kindergarten through sixth grade. The conversations we have vary from comments of self-harm to students who say they want to commit suicide and do have the means and access to execute their plan. It's very concerning. Just last spring, I talked about suicide with five students in a period of three consecutive school days. I take them all very seriously. Since many of these students were in the fifth grade last year, I'm thankful for MHRB funding that allowed me

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Springfield City Commissioner Dr. David Estrop endorses the Mental Health levy at MHRB's Recovery Rally & Levy Launch event on Monday, September 10. Estrop was one of more than 50 attendees to pledge their support at the event.

Clark County Mental Health Levy by the Numbers:



Voting **FOR** the levy supports **25%** of Clark County mental health and addiction services



11 Partner agencies in Clark County deliver programs, services, and resources



The Levy is a **RENEWAL** Levy = No New Taxes!

Clark County partner agencies include:

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.

2624 Lexington Avenue
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

Project Woman

1316 East Home Road
Springfield, Ohio 45503
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

125 West Main Street
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

REGIONAL COMMUNITY RESOURCES AND SUPPORTS

National Alliance on Mental Illness (NAMI)

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

FOA – Families of Addicts Bridge of Support

50 West High Street
Springfield, OH 45502

The levy is good for **10 YEARS**

The owner of a \$100,000 home would pay **less than \$3 per month, or \$35 annually** to support these services



Demand for mental health and addiction services has increased by

25% since 2010



Levy endorsements and board resolutions

- Springfield City Commission
- Clark County Commissioner Melanie Flax Wilt • State Senator Bob D. Hackett
- State Representative J. Kyle Koehler • Clark County Commissioner Richard Lohnes
- Clark County Commissioner Lowell McGlothlin
- United Senior Services • The Chamber of Greater Springfield
- Oesterlen Services for Youth • Mental Health Services
- Rocking Horse Community Health Center

Addiction Changes Families awareness campaign website

Earlier this year, MHRB launched **addictionchangesfamilies.com**, an online platform developed to bring families impacted by addiction together, reduce stigma, and provide help, healing, and hope to the communities in Clark, Greene & Madison Counties. Hear first-hand experiences from residents here

(and don't forget to submit your own story at addictionchangesfamilies.com/share-your-story):

“ My addiction took all my money, my mom’s money, my dad’s money, and anything nice my brother had. I was holding my family hostage with my drug use. Now, I am a dad and am on my way to becoming a homeowner with my fiancé. ”

—Father in Clark County

“ After treatment, drug-free housing kept me sober, gave me friends and saved my life. ”

—Recovering man in Clark County

“ Going to treatment, moving into transitional housing, getting a sponsor, working the steps of a 12-step program, and trying to do the next right thing have opened so many doors for me. Now, I recognize the feeling of depression before it overtakes me, use coping skills for my anxiety, and embrace my feelings instead of running from them. Recovery is beautiful. ”

—Clark County resident in recovery

“ While using, I was convicted of four felonies, spent a year in prison, have been on and off probation since the age of 12, and dropped out of school. I was what society considers a ‘junkie’, a plague, sucking the life out of our community. Now in recovery, I work as a peer supporter and advocate for people suffering from mental illness and substance use. I’m giving back to the community that I took so much from. ”

—Clark County Peer Recovery Supporter



MHRB
addictionchangesfamilies.com
awareness campaign website

Testimonials from Clark County residents

“ My husband got so anxious, he was calling the squad if I was away from him for more than an hour. We found a “companion” program— a counselor who understood our problem and the right medication. I am so grateful to have these services. ”

—Clark County Senior Citizen

“ I have a good support network now: Narcotics Anonymous members, my mother, father, and family have come back into my life. The best part about getting clean is getting your life back, not having to be controlled by drugs anymore and the freedom you get from it. ”

-Springfield native and business owner

Greta's Question & Answer

Frequently Asked Questions about the Clark County Levy

Q. What is the levy?

A. The proposed levy, which will appear on the Clark County ballot this November, is a **renewal levy** that affects property owners in Clark County. Its funds support mental health, alcohol and other drug addiction, treatment, prevention, and recovery support services in Clark County. These services provide help, healing, and hope to the community.

Q. How much will it cost?

A. The levy affects Clark County property owners. The owner of a \$100,000 home would pay less than \$3 per month, or \$35 annually to support these services.

Q. Are these funds used in Clark, Greene & Madison Counties?

A. No. Levy funds are only able to be used in the county from which they are collected. In this case, the levy funds will support services for residents of Clark County only, although levy funds follow the resident because they may access care outside of Clark County.

Q. What do you do? Who will benefit from the levy funds?

A. We oversee the administration of funds for mental health, alcohol and other drug addiction, treatment, prevention, and recovery support services. Nearly 10,000 Clark County residents receive these services each year. Not only do they receive a direct benefit, but their families and the community at-large benefit when we help those with mental health afflictions to maintain a healthy lifestyle.



Dr. Greta Mayer
CEO of MHRB



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

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

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

Our Mission: The Mental Health & Recovery Board of Clark, Greene & Madison Counties advocates for and supports a system of effective treatment, prevention, and supportive services for residents.

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to implement Botvin LifeSkills® Training, an evidence-based prevention program, for sixth-graders this year.

I want to end with one of my favorite quotes and a quote that truly inspires me:

'It is easier to build strong children than to repair broken men.'

-Frederick Douglas"

PAX GBG is just one example of how MHRB funds support the community. Funds also

provide prevention, education, treatment, and recovery support to families, individuals, first responders and businesses affected by mental health and addiction issues. Help make a difference in your community. **Vote FOR the levy this fall.**



Voting Information

Not sure if you're still registered to vote?
Not sure where your precinct is located?

To find out, visit the Ohio Secretary of State's official voter registration website at:

<https://voterlookup.sos.state.oh.us/voterlookup.aspx>



To begin, fill in your first and last legal names and use the pull-down menu to locate "Clark" in the list of county names. Click "search." You'll see a listing of registered voters. Scroll down to the correct name and address and click on it. Your registration and precinct information will appear on screen. It's that easy!