



eNews for December 2019

Crisis Hotline: 877 695-NEED (6333)
Crisis Text Line: text '4hope' to 741741

What's in a name? MHRS to become MHRB, get new logo

As MHRS finishes celebrating its 50th year, we're going to make some changes as we start the next 50 and beyond.

Starting in January, MHRS will become the **Mental Health Recovery Board Serving Warren & Clinton Counties**. While it's not a big change, it is a crucial step, says Executive Director Colleen Chamberlain.

"First, we wanted to reflect what we are - a board and not a direct service provider. Second, we want to clear up confusion around whether we deliver direct services' Chamberlain said. "We plan, fund, monitor, and evaluate services and programs. That's how state law set us up."

Look for the new logo and new website URL in advertising and marketing starting in January.



**Mental Health
Recovery Board**
Serving Warren & Clinton Counties

SAMHSA unveils new treatment locator website



Looking for substance use disorder treatment just got a little easier.

The Substance Abuse and Mental Health Services Administration (SAMHSA) recently launched a renewed website to help people find local treatment organizations in a quick and easy way. Treatment.gov provides visitors with ways to locate services and learn about what treatment will be like when you get started.

For more information or to check out the new site, visit FindTreatment.gov for a tour and locator service.

[Read more about FindTreatment.gov](http://FindTreatment.gov)

SAPC's 'Dinner & a Movie' to build understanding of sexual assault, alcohol misuse

The Substance Abuse Prevention Coalition has organized a "dinner and a movie" event on Thursday, December 5th at the Warren County Educational Services Center in Lebanon. The movie "Roll Red Roll" will be featured. Community members who attend will leave with a greater understanding of sexual assault, alcohol and technology misuse, and the culture that perpetuates them.

For more information and a link to register, see the [attached flier](#). Ready to register? Go to bit.ly/2r2xCof

MHRS staff volunteer as part of 50th anniversary

The people of Warren and Clinton Counties have supported the board's work on mental health and addiction for the past 50 years. Now it's our turn to say "thanks" for having our backs, too.

As a way to commemorate our 50th anniversary, the MHRS has volunteered with organizations like food banks to give back some of the support we've received. We also plan to do a holiday toy donation in conjunction with Warren County and Clinton County Children's Services offices.



Latest CIT program graduates 10 officers



Congratulations to the latest Crisis Intervention Team program grads! The November 2019 class of ten officers from across Warren and Clinton Counties learned the best methods of deescalating crises involving mental health issues and how best to help those experiencing them. From roleplaying to presentations about mental health medications and more, these law enforcement officers gained valuable knowledge that will help them in the field go forward.

Thanks again to Sgt. Wally Stacy from Clearcreek Township police for his leadership on CIT!

First Responder training

The Warren County Combined Training Team, along with the Warren County Crisis Intervention Team, will be hosting no-cost training sessions dealing with first responder wellness. This training will help bring attention and awareness to how first

responders experience and cope with traumatic events. All Warren County law enforcement, corrections, dispatch and fire personnel are invited to attend.

For more information or to register, [visit the event registration page](#).



MHRS Board Member Spotlight: Tina Fischer

Tell us a little more about you.

I am a Clinton County resident. My husband and I have been married for 34 years and we have 3 sons; ages 34, 19 and 16. The two younger ones are attending UC and the oldest lives in Columbus with his wife. I work at Adams Recovery Center in Loveland as a Chemical Dependency Counselor.



What attracted you to being on the MHRS board?

Having family members with mental illness and addiction issues; I learned a very long time ago that navigating the system can be intimidating. When I first joined the board, I wanted to learn everything I could. Now that I work as a provider in the field; I see a whole different side to it. I want to be a part of the change, the differences made in peoples lives.

What do you think is the most challenging aspect of being a board member for MHRS? The most rewarding?

The most challenging aspect for me is that I find myself still explaining who we are and what we do. I guess I am naive; I just assume everyone knows the who and the why.

What is the most important thing you want citizens of Warren and Clinton Counties to know about MHRS, mental illness or addiction?

The most important thing for our citizens to know is that we work for you! We are here to provide services to both counties. Help is available, you are not alone! It is ok to not be ok!

Want to know more about mental health or addiction? There's a training for that!

Looking to take a Mental Health First Aid class to help youth or adults? How about learning more about the Question-Persuade-Refer (QPR) class to help someone considering suicide?

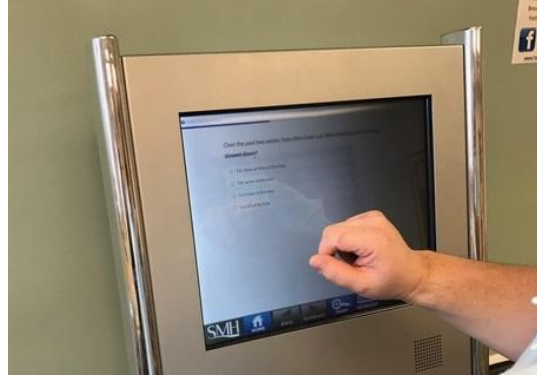
You can find out about these classes or how to request a QPR class on our website. Visit mhrsonline.org/meetings-and-events and look over the Community Training section. More opportunities will be added in coming months, so be sure to check back often!

Anonymous screenings: a starting point on the road to behavioral health

Unsure about taking a mental health or substance use self-assessment? Here are a few reasons to consider it:

- The self-assessment screening tools provide an anonymous evaluation
- The self-assessment can be completed at home or at a kiosk
- You get immediate feedback and contact information to schedule an appointment or learn more about resources

Screenings are available for depression, anxiety, substance use disorder, eating disorder, and more. Check one or more out on our website, or visit a kiosk located across Warren and Clinton Counties.



Take a screening now!

When you need to talk but can't make a call: Use the Crisis Text Line

Crises aren't "9 to 5" happenings. They sometimes come on when it's not easy to pick up a phone and call someone.

But you can text for help at any time! Chat with a trained person by texting "4hope" to 741741. That person will help you de-escalate and can offer information about local resources where you can find in-person help if needed.

The Crisis Text Line is always there for you, 24/7. Just send a message!

CRISIS TEXT LINE |

Text 4hope to 741741

Mental Health Recovery Services of Warren & Clinton Counties | (513) 695-1695 | mhrsonline.org

STAY CONNECTED

