



## Mental Health Recovery Board

Serving Warren & Clinton Counties

### *eNews for February 2020*

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

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### Talbert House moves Wilmington office

Talbert House is moving in Clinton County!

Starting in February, the Wilmington Outpatient Services office will relocate to 602 S. South Street. The phone number will stay the same: (937) 414-2016.

The new location will offer outpatient mental health and substance use assessment and treatment services. For more information or to arrange an appointment, call the office at (937) 414-2016.



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### Beech Acres' 'The Character Effect™' program achieves evidence-based designation from CDC

Some big news from our provider partner, Beech Acres Parenting Center! The agency's elementary school program, The Character Effect™, recently won designation from the Centers for Disease Control (CDC) as an evidence-based program.

"We're humbled that The Character Effect™ is now designated as 'evidence-based' by the [Centers for Disease Control and Prevention](#) (CDC). The CDC's independent review empowers us to confidently present The Character Effect™ as an effective solution for schools searching for prevention resources for their teachers, students and parents" said Jim Mason, President & CEO, Beech Acres Parenting Center.

The Character Effect™ is a flexible developmental framework for the classroom that combines *mindfulness* and *character strengths* in an effective curriculum that promotes confidence and improves overall well-being in a school.

The Character Effect™ is designed to:

- *integrate self-care for teachers,*
- *improve students' self-control,*

- *increase* classroom participation,
- *cultivate* an atmosphere of respect for others,
- *boost* academic success and
- *decrease* behavior issues.

To learn more about The Character Effect™, now designated “evidenced-based by the Centers for Disease Control and Prevention (CDC), visit <https://thecharactereffect.org/case-study/the-character-effect-designated-as-evidenced-based-by-the-centers-for-disease-control-and-prevention-cdc/>.

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## [FindTreatment.gov](#) offers new way to locate addiction treatment



Searching out places to turn for addiction treatment just got a little easier.

Officials at the Substance Abuse and Mental Health Services Administration (SAMHSA) recently unveiled [findTreatment.gov](#), a website and phone line dedicated to quickly finding places to turn for treatment. Just enter your ZIP Code or city name to search. Explore the site at [findtreatment.gov](#).

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## MHRB online assessments include new opiate tool

Wondering if you're dealing with an opiate addiction? There's now a new tool to help.

Our anonymous assessment page from MindWise has added a new [opiod misuse tool](#) designed to help determine if you or someone you care about could be addicted. As with all assessments, it is anonymous and gives suggestions for follow-up once completed. [Check out](#) this and other mental health and addiction assessments today!



## NAMI offers support to caregivers of kids under 18 with mental health conditions

If you are a parent or other adult caregiver to a child with a mental health condition and seeking support, NAMI of Southwest Ohio may have the group for you.

A support group for parents and caregivers of kids under 18 with mental health issues meets on the second Saturday of each month at Cincinnati Children's Hospital, North College Hill. There is no cost to participants, but the group is suitable only for adults over 18. For more information, visit [namiswoh.org](http://namiswoh.org), email [info@namiswoh.org](mailto:info@namiswoh.org), or call (513) 351-3500. You can also check out [this flier](#).

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## MHRBWCC Board Focus: Jonathan Westendorf

*Franklin Fire Chief Jonathan Westendorf joined the MHRBWCC board in December 2019.*

As the newest board member, I know there is much to learn. My hope is to better understand the unique needs of Warren and Clinton County. I am looking forward to gaining a better understanding



of the services offered to our community by our providers. I have had the fortunate chance to work alongside some of these dedicated and caring professionals through my work with HOPE. But I know there is much more to learn and I am excited for that opportunity.

Read more from Chief Westendorf on [our blog](#).

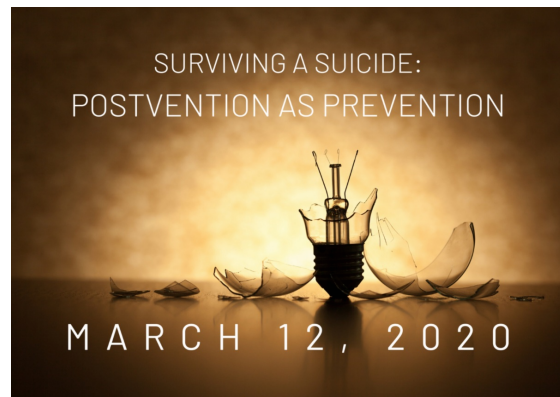
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## MHA offers day-long seminar 'Surviving a Suicide: Postvention as Prevention'

Suicide affects so many people in so many different ways. But how does someone pick up the pieces when someone they love attempts or dies by suicide?

Join Mental Health America of Northern Kentucky & Southwest Ohio for a day-long summit called "Surviving A Suicide: Postvention as Prevention". The training will provide a focused overview of the impact of suicide on survivors and the clinical and support responses that are needed after a suicide occurs. The event will be held March 12th at The Grand Banquet Hall in Covington, KY.

For more info and to register, [visit the info page](#).  
**EARLY BIRD PRICES END TONIGHT AT 11:59PM!**



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## Want to know more about mental health or addiction? MHRBWCC's Speaker Bureau can help!

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](http://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!

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## 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.

**CRISIS TEXT LINE |**

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

**Text 4hope to 741741**

Mental Health Recovery Board Serving Warren & Clinton Counties | (513) 695-1695 | [mhrbwcc.org](http://mhrbwcc.org)

**STAY CONNECTED**

