



Mental Health Recovery Board

Serving Warren & Clinton Counties

eNews for January 2020

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



Update your records with our new name and URL

Things may look a little different with our name, our website URL and our email addresses, but we are definitely the same board with the same commitment to quality care we've always had.

Our name officially changed this month to Mental Health Recovery Board Serving Warren & Clinton Counties, and we're letting people know through mailings and advertising. If you need to make any changes to your records, please update to the following info:

Mental Health Recovery Board
Serving Warren & Clinton Counties



**Mental Health
Recovery Board**

Serving Warren & Clinton Counties

Farmers' mental health focus of statewide website



Farmers, like many working people, enjoy what they do and work hard to provide for families.

They may also experience similar mental health issues like depression and anxiety, but have less access to helpful resources.

That's why the Ohio Department of Agriculture, in partnership with the Ohio Department of Mental Health & Addiction Services and the Ohio Farm Bureau, launched the "Got Your Back" campaign. The campaign features a variety of resources that help farmers through stresses of life on the farm.

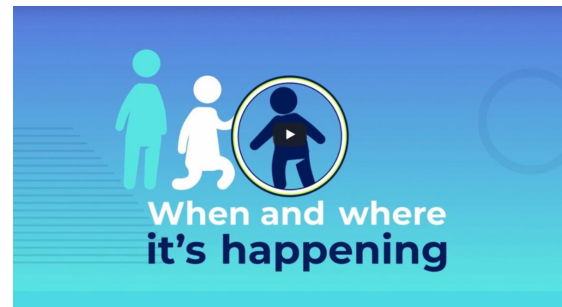
For more information, visit the [Got Your Back website](#).

[Visit the "Got Your Back" website](#)

Know what MRSS is? Check out this video to learn more

For some time now, the [Mobile Response & Stabilization Services](#) (MRSS) program has been providing help to kids and families in distress across Warren and Clinton Counties. Other southwest Ohio counties have implemented the program as well.

But not many people have heard a lot about it. Here's your chance! This quick video from [HeyImHere.org](#) introduces the MRSS program and how it works. Share the link with friends and others who may need the services, or community leaders you know who may want to know more about it.



FCC approves 3-digit suicide hotline

Plans are moving forward to designate a 3-digit number that helps people reach the national suicide prevention hotline more quickly.

The new 9-8-8 number was approved recently by the Federal Communications Commission. It will not be functional until public comment is complete and rules are put in place. The ultimate goal is to put help in people's hands much faster. Read about the new number and future plans [here](#).

Franklin's Westendorf joins MHRB board

The newest member of the MHRBWCC board of directors has officially taken his post.

Jonathan Westendorf, who serves as fire chief for the City of Franklin, took the oath of office at the



board's November meeting. Westendorf brings a passion for addiction issues to the table, having worked with colleagues to start Franklin's HOPE project to battle the opiate crisis with a local approach. That program has since grown to include Warren County.

Welcome to the board, Chief Westendorf!

New assessments available on MHRBWCC website

If you've visited our assessment site recently, you may have noticed two new assessments available.

MindWise, our assessment partner, has created a new well-being screening tool and a Wide Range screening tool. Both are meant to provide a safe and anonymous way of checking on one's mental health. The Wide Range tool covers several topics to help narrow experiences and determine if more in-depth assessments might be in order. The well-being tool looks at overall self-satisfaction and well-being.

See for yourself. Take an [anonymous assessment](#) today!

Take an assessment today!

MHRBWCC staff adopt kids for Christmas

MHRBWCC staff were giddy with excitement helping some kids involved with Children's Services in Warren and Clinton Counties have a Merry Christmas by providing gifts for adopted families.

"We really had fun as we shopped for these kids," said John Cummings, Deputy Director of Communications for the board. "Some of these kids have experienced real trauma in their lives, so it's really wonderful to provide things that might take their minds off of those troubles at least for a little while."



MHRS Board Member Spotlight: Sarah Kirby

Tell us a little more about you.

I am a Warren County resident and live in Landen with my husband and our four children. They are all proud Kings students! I graduated from Ohio State University with a Bachelor's degree in psychology. I previously worked in the mental health field as an adult mental health case manager and supervisor of case management for Centerpoint Behavioral Health Center in Hamilton County. I have been a stay at home mom for the past 11 years and have recently returned to work as a substitute teacher and member coach at the Countryside YMCA.

What attracted you to being on the MHRBWCC board?

Mental health continues to be my passion and I want to continue to make a difference in the lives of those affected by mental illness and addiction. I have family members and friends dealing with both these issues and are struggling to get the help they need. I want to help ensure everyone who needs help can get it and receive the best treatment available, regardless of income and background.

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

The most challenging aspect is finding the best way to provide treatment to all members of the community in need with limited resources. The opiate epidemic is particularly alarming and an adequate amount of

providers and treatment are desperately needed. The most rewarding part is definitely knowing that I am making a positive impact on the wellness of those in need and the community as a whole.

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

I want everyone to know that there are options and treatment available for everyone who needs it as well as for their loved ones. The board works hard for the betterment of Warren and Clinton Counties, and it uses every resource it has to provide prevention education, treatment, and assistance to maintain a successful recovery!

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?

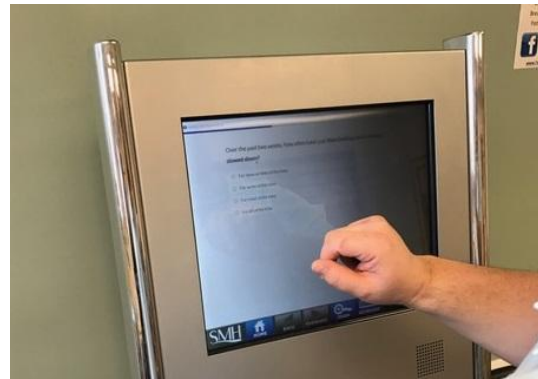
You can find out about these classes or how to request a QPR class on our website. Visit mhrsonline.org/meetings-and-events and look over the Community Training section. More opportunities will be added in coming months, so be sure to check back often!

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

