



Mental Health Recovery Board

Serving Warren & Clinton Counties

eNews for July 2020

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

REMINDER: We've got a new address!

Just a quick reminder that we've made a move to Mason (say that three times fast :) !!).

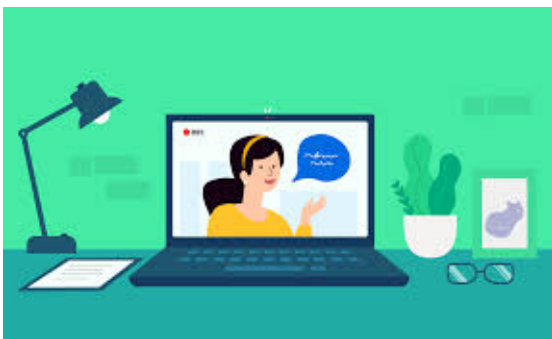
Our new address is **201 Reading Rd., Mason, OH 45040**. All email and phone contact information is still the same. Once we're able to have visitors we look forward to welcoming you to the new office to show you around!

In the meantime, we hope you are doing well.

VENDORS: if you have not already, please send all invoices to invoices@mhrbwcc.org.



Racism, trauma resources available on our website



The deaths of several black Americans while encountering police has started a national conversation on racism and policing. While the debate and discussion continue, mental health professionals have pointed out the trauma that black Americans have experienced due to racism for many years,

That's why we've gathered some [resources](#) to help inform our stakeholders and community members and share it in your own conversations. Please share other resources that we can include, too.

MHRBWCC statement on racism & trauma

The MHRB Board of Directors recently approved a statement on racism and the trauma that black Americans have experienced for hundreds of years. Our job as a board is to ensure that the system of services for mental health and addiction concerns also addresses that trauma, and build a better community in doing so. Read the Board's statement [here](#).

Give us your input: Take our content survey

As a new fiscal year gets underway, we're planning some educational and informational options to bring to you throughout the year. There are lots of options, but we'd like to get an idea of what's important to you. What things would you like to learn more about?

Please share your thoughts using the survey below. If you have some specific thoughts and suggestions around the general topics listed, please email them to jcummings@mhrbwcc.org.

Thank you for your input!

It's a new fiscal year! What topics would you like to know more about in FY 2021?

Mental Health treatment

Select

Addiction treatment

Select

Prevention (suicide, drug addiction, mental health)

Select

Support (peers, housing, etc.)

Select

MHRBWCC board member honored as an Emerging Leader

Congratulations to Franklin Fire Chief and MHRB board member Jonathan Westendorf on receiving the Emerging Leader Award from the Warren County Foundation! Jonathan has been a major proponent of addiction treatment and has been greatly involved in the Franklin HOPE project to encourage treatment following overdose.

Jonathan will be honored officially at the Service Awards Dinner, scheduled for September 10th. Congratulations and well-deserved, Chief!



COVID-19 effects: 1/3 of Americans showing signs of clinical anxiety, depression

One third of Americans are showing signs of clinical anxiety or depression, according to Census Bureau data released recently. The Bureau asked questions that are normally used to screen for mental health problems, and found that 24 percent showed signs of major depressive disorder and 30 percent showed

symptoms of anxiety. The findings suggest a major jump in the number of Americans with mental health problems. Read more in [the Washington Post article](#).

COVID-19 resources on MHRB website

We've worked hard for the past several weeks to maintain various links to helpful COVID-19 resources for provider agencies, clients and others who live in Warren and Clinton Counties. While the crisis continues, MHRBWCC will keep the information page and update it with relevant links to help keep you up-to-date. If you have a suggestion for a new link, please send it to jcummings@mhrbwcc.org.

MHRBWCC Board approves FY 2021 budget



Earlier this month, the MHRB Board of Directors reviewed and approved the board's Fiscal Year 2021 operating and contract budgets. Those budgets include a provider change for crisis services.

Starting July 1, Butler Behavioral Health Services (BBH) will deliver all crisis services in Warren and Clinton Counties. BBH has led the Mobile Response & Stabilization Services (MRSS) program for several years, and will expand that model to the adult population in FY21. Read more about the contracts approved in our latest blog.

FCC's Lifeline program offers discounts for phone and broadband service

SAMHSA recently sent information to help qualifying low-income consumers with discounts on cellphone and broadband service. The Federal Communications Commission's Lifeline program offers monthly discounts through various carriers.

To have a client apply for coverage, visit <https://www.lifelinesupport.org/national-verifier/>.

To find Lifeline carriers in your area, check this website: <https://data.usac.org/publicreports/CompaniesNearMe/Download/Report>



Online assessments: anonymous and impactful

We all feel down or anxious from time to time. But when those feelings last more than a day or two, or they start affecting your everyday life, it could be something that needs a little extra help to get through.

So, how do you know to find help? Through an anonymous assessment, of course. Our online options range from depression and anxiety to substance use disorders, eating disorders, and more. [Give one a try today!](#)



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

Mental health and addiction cover a LOT of ground, from specific illnesses to treatment and prevention options to recovery supports. The MHRBWCC Speakers Bureau can provide staff or board members to talk about most any topic related to mental health and addiction. If your organization or group would like to learn more about subjects within the mental health and addiction field, give us a call at (513) 695-1695 or [complete this form](#). We look forward to talking with you!

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 Board Serving Warren & Clinton Counties | (513) 695-1695 | mhrbwcc.org

STAY CONNECTED

