



## *eNews for November 2019*

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

### **MHRS sponsors training on trauma & human trafficking**

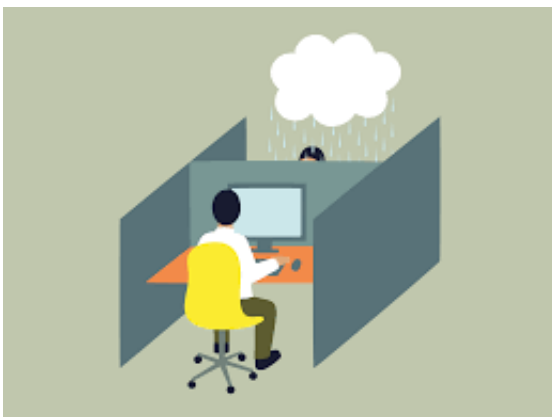
Several mental health professionals and others interested in learning about trauma and human trafficking turned out October 25th for a half-day workshop on the topic. The training was held at the Young Center in Lebanon.

Presented by Colleen Mercuri-Johnson, owner of Hope Tree Consulting, the event focused on the basics of trafficking, awareness and role of ACEs and toxic stress in creating vulnerability, and screening and prevention tactics for trafficking.

CEUs were provided through Solutions CCRC.



### **Study: People want employers to talk about mental health**



We don't talk much about mental health in general, but a new study finds that people DO want to talk about it in at least one place: work.

Mind Shares Partners worked with Qualtrix to look into what is happening in the workplace around mental health discussions. Their study looked at the prevalence of mental health issues at work, and found that people really wanted their employers to not only talk more about it, but offer more than the usual EAP programs.

[Read more about it](#)

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## 'Sesame Street' tackles helping kids deal with parental addiction

A new Muppet is helping kids deal with a tough issue: a parent's addiction.

Karli was introduced recently as part of an initiative to provide free information and resources for providers and caregivers on lots of topics. They've dealt in the past with issues like racism and homelessness.

Karli shares information to help kids in similar situations know they are not alone, and that there is support for them. Find out more in the [ABC News story](#).



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## MHRS in the community: a walk, a conference, & a training



MHRS staff strive to help community residents learn about mental health and addiction in a variety of forms. And we got to do a lot of that in October. Here's a sample of where we were:

- took part in the first Heroes 5K Walk & Run for suicide awareness in Lebanon on Oct. 13
- offered information to attendees of the Asian American Mental Health Conference on Oct. 19th in West Chester
- staffed a training in Lebanon on trauma and human trafficking on Oct. 25

Have an event coming up? Let us know! We want to share the hope of recovery with all!

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## NAMI Southwest Ohio honors CIT program as 'exemplary'

Congratulations to the Crisis Intervention Team program for being honored by [NAMI Southwest Ohio](#) as the Exemplary Crisis Intervention Team in the region.

Sgt. Wally Stacy (*pictured, left*) of the Clearcreek Township Police Department accepted the award at the NAMI Evening of Hope at Xavier University on Oct. 16th. Stacy currently leads the CIT program, which has graduated more than 300 law enforcement officers from Warren and Clinton Counties since it started.

Lebanon Police Chief Jeff Mitchell, who is also on the NAMI board, presented the award to Stacy.



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## MHRS Board Member Spotlight: Dr. Shelly Stanforth

In the two years that Dr. Shelly Stanforth has been on the

MHRS Board of Directors, she's seen the transition from one executive director to another, and she's been part of a strategic goal review that is now guiding the board through the next couple of years. Here's more insight into her life outside the board, and what she sees as the important tasks the board must accomplish.

***Tell us a little more about you.***

I have been a Warren County resident for 18 years. I am a local family physician. My partner and spouse is Ted Schoettinger also a local family physician. I have 4 children ages 17-24. I enjoy biking, jogging, hiking.



***What attracted you to being on the MHRS board?***

I wanted to help with improving access and engagement of patients in need of mental health and addiction services. I felt there was yet an unmet need for services in our area. As primary care our focus is on prevention and health promotion as well.

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

It can be frustrating to see people not getting to the care they need. Sometimes access is there but still not utilized fully.

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

We are all working to promote a better system for support for all people in our communities for better health as individuals and as a community.

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## 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?

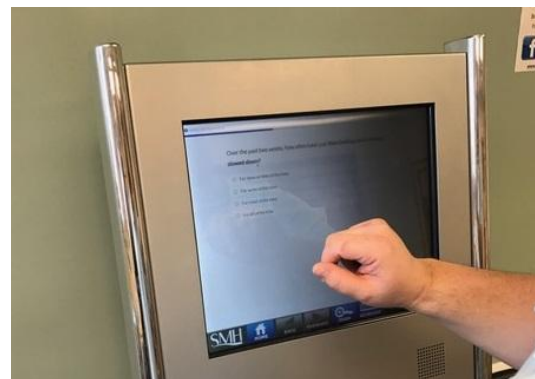
You can find out about these classes or how to request a QPR class on our website. Visit [mhrsonline.org/meetings-and-events](http://mhrsonline.org/meetings-and-events) and look over the Community Training section. More opportunities will be added in coming months, so be sure to check back often!

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## 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!**

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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.

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](http://mhrsonline.org)

**STAY CONNECTED**

