



eNews for October 2019

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

Depression & Mental Health Screening Month



Major depression is among the most common mental illnesses in the United States. It affects more than 16 million American adults every year - nearly seven percent of the population.

October is Depression and Mental Health Screening Month, a time to learn more about the signs of depression and other illnesses so that you or someone you care about can find help as early as possible. [Learn the signs, take a screening](#), and find out about treatment options today!

Join us at the Heroes SAVE 5K Run/Walk

Even one death by suicide is too many. That's why MHRS is joining a new effort to bring awareness to suicide and the work to stop it.

Heroes SAVE - Suicide Awareness Voices of Education - will host a 5K run and walk on Sunday, October 13th at VanDeGrift Stadium in Lebanon. The effort is being coordinated locally by Miranda Lester, who lost her father to suicide in 2014.

For more information, or to register, go to the [SAVE Events page](#) and click "Register for Event".



Drug Take Back Day is coming October 28th!



Have you taken a good look at your medicine cabinet lately? Finding lots of old meds that are taking up space?

It's time to get rid of them - and the opportunity is coming up in October!

Drug Take Back Day is scheduled for Saturday, October 26th. Look for people stationed at the Lebanon Kroger from 10 AM to 2 PM. There are also locations to be determined in Clinton County, and you can take old prescriptions to some area police departments that have drop boxes in their lobbies.

For the location nearest you, visit <https://takebackday.dea.gov/>.

MHRS on the radio!

What are you doing this Sunday morning? Why not turn on the radio and hear from MHRS?

John Cummings, Deputy Director of Communications, will be on several Cincinnati stations' community affairs programs on Sunday morning, September 29th. The spots were recorded earlier this week promoting suicide prevention. If you are up early, you can tune into any of six iHeart Radio stations: 7 AM on WEBN, WKFS, 55KRC, WSAI, and WCKY. The spots will also be on WLW at 8:30 PM Sunday evening, and on Q102's "Sunday Morning Magazine" at 7 AM.

Human trafficking & trauma seminar scheduled

How does it happen? Why don't they just leave?

These questions and more will be addressed in a "Trauma & Human Trafficking" training scheduled for Friday, October 25th at the Young Center in Lebanon. The half-day training starts at 9 AM and runs until 12:15 PM. Among the topics to be covered:

- laws and definitions of trafficking
- the role of ACEs and toxic stress in creating vulnerability
- barriers to getting out of trafficking
- screening for trafficking

To learn more about the training or to register, [visit the event page](#) now!

Mental Health Myth Busters:

"There's no hope for people with mental health problems."



We've all seen those movies where a person with mental illness is walking the hospital hallways and the main character just shakes his or her head.

"There's no hope for that person," they sometimes say.

And that's a big myth. More people are living with treatable forms of mental illness, and studies show that treatment can help people recovery - many times, completely. Learn more about mental health myths at mentalhealth.gov.

MHRS Board Member Spotlight: Tiffany Mattingly

Tiffany Mattingly joined the MHRS Board of Directors in January 2019. Here's a bit about why she joined us, and what she sees as the most important things to know about our work:



Tell us a little more about you.

I was born and raised in Cincinnati, Ohio and graduated from Sycamore High School. I have a Master Degree in Nursing Administration and a Bachelor in Science of Nursing. I spent ten years of my career focused on maternal and newborn health and now have a broader focus on health payment reform, health policy and population health. I live in Mason with my husband and four boys ages 12, 13, 14 and 15. We spend our free time engaging in music and outdoor activities such as running, tennis, mountain biking, camping and hiking. We love to travel and refuel in nature.

What attracted you to being on the MHRS board?

The past five years, I've focused on transforming primary care practices in Ohio to improve the quality of care they provide and help prepare them for alternative payment models. Through these transformation efforts, I've worked with teams of individuals who help practices integrate behavioral health into primary care. I'm a huge behavioral health advocate and strongly believe in the connection between mind-body health. My current organization, The Health Collaborative, is involved in the opioid epidemic on various levels which provides the opportunity to see firsthand the devastating results of this epidemic in our communities. The stigma with behavioral health and drug addiction is one of the greatest barriers to solving the underlying root causes and provide those in need the care they deserve. By serving on the MHRS Board of Directors, I have the opportunity to bring my vast experiences, from caring for addicted mothers and babies to assisting practices in integrating behavioral health and learning about Medication Assisted Treatment, to the table to help enhance behavioral health access and services in my community.

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

The most challenging aspects of being on the board is dissecting the complexities. Our services are vast and ever changing, dictated mainly by funding. I'm a hands-on learner, so learning through experiences of others can be difficult for me, yet MHRS does a great job of educating Board members to help us understand the breadth of their work. The most rewarding? Oh my, I'd say knowing that every month I have the opportunity to volunteer my time and expertise to make a difference in my community. I always look forward to my Board meetings, which is my way of knowing that I'm in the right place, doing the right thing.

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

MHRS strives to provide Warren and Clinton county residents the resources needed for individuals and family members seeking out behavioral health prevention, treatment and recovery services. MHRS is dedicated to responding to community needs, listening to the voice of the community to help drive positive change; enhancing services and resources for the betterment of our community. To overcome the behavioral health stigma, we need to work together as a community, fostering awareness, creating safe places for conversation, and engaging our youth. MHRS of Warren and Clinton Counties is tirelessly working to achieve this goal so all residents seek and have access to behavioral health in their time of need.

Want to know more about behavioral health? 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?

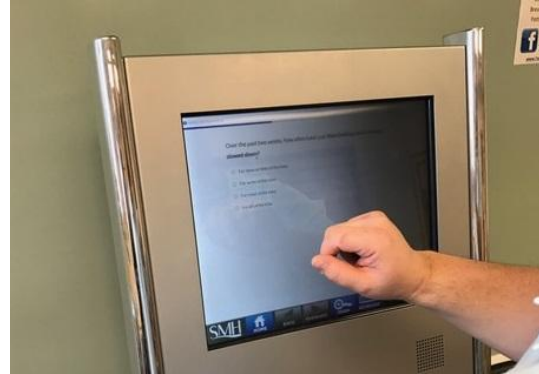
You can find out about these classes or how to request a QPR class on our website. Visit mhrsonline.org/meetings-and-events and look over the Community Training section. More opportunities will be added in coming months, so be sure to check back often!

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

