



eNews for September 2019

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

Kari's Story: A Recovery Month Journey



Recovery is lots of things - hard, fantastic, rocky, joyful. For Kari, a young woman in recovery from addiction and two years clean, it means freedom.

To mark Recovery Month, MHRS Deputy Director - Communications John Cummings sat down with Kari to talk about her recovery, what it means to her, and what her life has been like since starting treatment for addiction. It hasn't been easy, but Kari says she's a better person for it. And she has some words for anyone wanting to start treatment.

Hear Kari's story on our podcast

Stand Up to Suicide: Learn QPR and Save Lives

Ohio loses one person to suicide every five hours. That's not OK, and several county behavioral health boards are trying to do something about it.

Throughout September, 13 county boards are joining forces for "Stand Up to Suicide", a month-long effort to train as many people as possible in the prevention technique called QPR – Question, Persuade, and Refer.

Learn more about this training effort and [register](#) to host a training, find a local training, or take it online.



'Real Men Reach Out': Suicide Prevention Campaign focuses on men



Suicide is *never* the answer.

**REAL MEN
REACH OUT.**

24/7 CRISIS HOTLINE

877-695-6333

Text "4Hope" to 741741

Don't quit.



**Check out our suicide
prevention resources**

Suicide data from 2001 - 2017 show that more men die by suicide than women. Methods may differ, but men are by far the most successful at completing suicide.

That's the motivation for our September campaign marking Suicide Prevention Month. "Real Men Reach Out" targets men and their families with information about the importance of asking for help - and that asking for help is a sign of strength.

Watch for digital ads, posters, and ads at gas stations with GasTV throughout September.

Need more info? Visit the [suicide prevention resource page](#) on our website.

MHRS closes in on 1,000 Facebook friends!

MHRS has been building a solid social media presence over the past few years, and we're now closing in on a big milestone - 1,000 Facebook friends!

Right now, we're just 10 page likes away from that magic number. If you're among our Facebook followers, share the page with your family and friends and tell them all about us! If you're not, why not like the page today? You can do it right now at [Facebook.com/MHRSWCC](https://www.facebook.com/MHRSWCC).

Mental Health Myth Busters: 'They're violent and unpredictable'



This month we continue our mental health myth busters series with another common misconception:

People with mental health problems are violent and unpredictable.

According to mentalhealth.gov, the vast majority of people living with mental health issues are no more likely to be violent than anyone else. Only 3 to 5 percent of violent acts can be attributed to people with a serious mental illness. In fact, people with severe mental illness are more than 10 times more likely to be victims of violent crime than the general population.

Find out more mental health facts at mentalhealth.gov.

MHRS Board Member Spotlight: Rahul Gupta

Rahul Gupta has been on the MHRS Board of Directors since July 2017. We asked him to share more about why he wanted to be part of the board and what is most important for the community to know about MHRS:

What would you like the community to know about you (family, work history, hobbies, etc.)?

After graduating from Rensselaer Polytechnic Institute, I spent a little over a decade in IT consulting, looking at how we work and how can we make change to culture and behavior to do things better, smarter, faster. My wife helps inspire me to continue to try and improve our communities where we work and live so that we leave a better place for future generations. As Board Vice Chair, I'd love it if community members stopped me on the street to talk about MHRS or any behavioral health services they've used.



What attracted you to being on the board?

I wanted to save my community from things ravaging so much of our country - substance abuse, mental health issues. The more I learned, the more I realized we have a ton of offerings but not many people know much about us.

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

Knowing our impact to the community but the perceived lack of awareness about us and our role in providing behavioral health solutions is the biggest reward and challenge.

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

Families around our local communities struggle everyday. Children dealing with stress in schools, families dealing with alcohol and drug issues, mental and behavioral health issues, and people struggling to identify issues much less getting help. We offer 70-plus different types of services to the citizens of these communities. Between lack of awareness and stigma, there are people who need help that aren't getting it. We use taxpayer money to provide services to help the people living in Warren and Clinton Counties & would love to see more people asking about our provider ecosystem.

MHRS in the community: Schools Get Behavioral Health Overview



MHRS staff members Patti Ahting & Tommy Koopman (left) lead the Warren County meeting for school educators and leaders on Aug. 29th.

Some of the most important people on the front lines of treating mental health and addiction are our educators.

That's why MHRS staff meet with them at the start of each school year. Chief Deputy Director Patti Ahting brings together school district personnel and behavioral health providers to learn what services and programs are available, and how to access them when needed. Each provider agency also shares details about their services. Those attending leave with a packet of information to share with other staff at their respective schools.

Staff from across Warren County met for the information session on August 29. Clinton County area school staff will hear more on September 10th.

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!

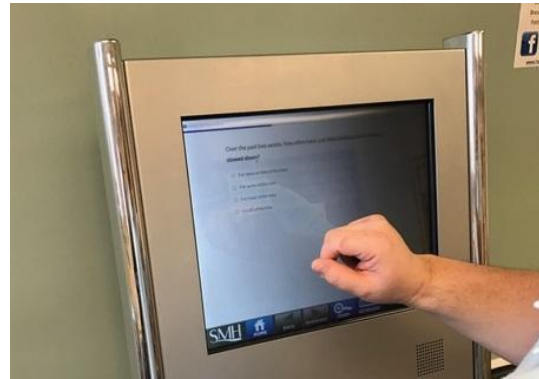


Anonymous screenings: a starting point on the road to behavioral health

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

