



"Our mission is sharing hope and caring to achieve recovery from mental illness, alcoholism, and drug addiction."

Information for the Community

October 2012

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About MHRS

Mental Health Recovery Services of Warren & Clinton Counties (MHRS) is the local Alcohol, Drug Addiction and Mental Health Services (ADAMHS) board that plans, funds, monitors and evaluates services and programs for residents with serious mental and emotional disorders and/or substance addictions.

(513) 695-1695

www.mhrsonline.org

Join the Cause to Prevent Bullying!

In recognition of National Bullying Prevention Month, Mental Health Recovery Services of Warren and Clinton Counties encourages everyone to unite against bullying. According to Pacer.org:

- More than 160,000 U.S. students stay home from school each day from fear of being bullied.
- Bullying directly affects a student's ability to learn. Students who are bullied find it difficult to concentrate, show a decline in grades, and lose self-esteem, self-confidence, and self-worth.
- Students who are bullied report more physical symptoms, such as headaches or stomachaches, and mental health issues, such as depression and anxiety, than other students.
- In some cases, bullying has led to devastating consequences, such as school shootings and suicide.
- Bullying affects witnesses as well as targets. Witnesses often report feeling unsafe, helpless, and afraid that they will be the next target.
- Bullying is a community-wide issue that must no longer be ignored or thought of as a rite of passage. Students, parents, and educators all have a role in addressing bullying situations and changing school culture.
- The two keys to creating change are: increasing awareness that bullying has lifelong impact, and giving people the tools they need to respond effectively.
- Students can be especially effective in bullying intervention. More than 55 percent of bullying situations will stop when a peer intervenes. Student education of how to address bullying for peers is critical, as is the support of adults.
- Silence is no longer an acceptable response to bullying. Adults, students, and educators can no longer look away when they see bullying. Ignoring it won't work. Everyone needs to be empowered with options to respond.

Provider Agencies

[Solutions Community Counseling and Recovery Centers](#)

[New Housing Ohio, Inc.](#)

[National Alliance on Mental Illness - Warren County](#)

[Mental Health America of Northern Kentucky and Southwest Ohio](#)

[Women's Recovery Center](#)

[Talbert House: Warren Outpatient Services](#)

**Crisis Line
1-877-695-NEED (6333)**

National and State Entities

[NAMI Ohio](#)

[National Alliance for the Mentally Ill \(NAMI\)](#)

[Ohio Association of County Behavioral Health Authorities](#)

[Ohio Department of Mental Health](#)

[Ohio Dept. of Alcohol & Drug Addiction Services](#)

[Ohio Suicide Prevention Foundation](#)

[Substance Abuse & Mental Health Services Administration](#)

[Join Our Mailing List!](#)

The time to take action is now! Whether you are a student, educator or parent, everyone has a voice in raising awareness of bullying. Become a champion against bullying not only this month but every day. Go to www.pacer.org for free resources, including a bullying petition, to assist with this cause.

MHRSWCC EXPANDS OUTREACH THROUGH FACEBOOK

Mental Health Recovery Services of Warren and Clinton Counties encourages you to visit our new facebook page and join our rapidly growing list of facebook friends. Our page was launched on September 3 as an additional avenue to communicate vital information related to the topics of alcohol and drug addiction as well as mental health and related area events.

MHRS is excited to report that by mid-September almost 300 individuals were consistently being reached by posts on this social media page! 30 percent of our page posts went "viral" during this first month. Virality is defined by facebook as the number of people who have created a story from a post as a percentage of the number of people who have seen it. In other words, the more people that engage in our content on facebook (Likes, Comments and Shares) in relation to how many unique people have seen it, determines our page post's virality. When content goes viral, this results in significantly higher exposure.

During September, MHRSWCC posted on a variety of topics--suicide prevention, anti-bullying, proper medication disposal, applying for MHRS mini-grants, chronic grief research, Recovery Month--and provided mood-boosting quotes. Our audience reach was predominantly female (70 percent) between the ages of 45-54 who live in Clinton County. Rather surprisingly, we reached a viewer in Saint-Martin-des-Champs, Bretagne, France! Currently, 43 people have become our facebook friends which allows them to get our page posts on their news feed page.

We want to hear from our e-news readers! If your company or organization has an upcoming event or news of interest related to the topics we serve, MHRSWCC would like to post it on our facebook page. Please email your information to marydavis26@hotmail.com. Thanks in advance for helping us reach out to more people in Clinton and Warren Counties with timely news of interest.

**We encourage you to visit MHRS
at facebook.com/MHRSWCC
and join our growing
number of fans by
clicking the "like" button.**



Kelley Brown swears into service new MHRS board members (left to right) Marsha Wagstaff, Becky Breitrack, Tracy Truett and Mike Kassalen.

MHRS Names New Board Members

Mental Health Recovery Services of Warren and Clinton Counties is pleased to announce Marsha Wagstaff, Rebecca Breitrack, Tracy Truett and Mike Kassalen as new board members. All were appointed during the September Board meeting.

These new volunteers join veterans Lois Butt, Gary Post, Dennis Mann, William Russell (Board Chairperson), Mark Hurst, Kathleen Larkin, Don Shrimplin, Donna Tweel, Brian Bourgraf and David Raizk.

We look forward to featuring each new board member in an upcoming issue of this monthly e-newsletter.

Suicide Prevention - Focus of Attention in September

National Suicide Prevention Week was recognized September 9-15, and the Suicide Prevention Coalition of Warren & Clinton Counties team members worked diligently to prevent suicide by mobilizing the community through education and awareness during the month of September.

Coalition members Barbara Adams Marin and Sandy Smoot appeared on the Lebanon City Show on September 11 to promote the purpose of the Suicide Prevention Coalition--to bring the message to the community--and the efforts this group is taking to enhance awareness of available training and services in Warren and Clinton Counties. This ten-minute segment can be viewed at:

<http://thelebanonchannel.pegcentral.com/player.php?video=831a8103b7a31ea66190086ab1358076>.

Three "Power of Prevention" awardees were selected by the Coalition in September. Those receiving these special honors were two

organizations, Warren County Sheriff/Jail and Clinton County Sheriff/Jail, and one individual-- Mason High School teacher, Jerry Schrock, for creating the Blue Dot Program at MHS. The Power of Prevention award is given to a person and/or organization who has gone above and beyond job duties in the area of Suicide Prevention. More information on these awardees will be provided in our November e-news.

A community QPR (Question, Persuade and Refer) training session was held at the Waynesville Library during September. In just 60 minutes, class participants learned to recognize the warning signs of suicide and how to apply three simple steps that may save a life. These free training sessions are available to any Clinton or Warren County organization by contacting Jane Groh, Solutions Community Counseling and Recovery Centers, at 513.228.7873 or jgroh@solutionsccrc.org.

Mason High School held suicide prevention discussions in homerooms during September. The Suicide Prevention Coalition contacted area high school administrative staff promoting the free access, new online, suicide prevention training program, Kognito's At Risk for High School Educators. To date, seven area high schools are on board with this training opportunity that engages teachers and staff in virtual practice conversations, similar to a video game. The goal of this program is to increase the number of high school educators trained to take a more active role in identifying, addressing and motivating help-seeking among students exhibiting signs of psychological distress. If your high school is not yet participating in this innovative project, please contact Patti Ahting at MHRSWCC by calling 513.695.1695 or emailing pahting@mhrswcc.org.

Clinton County Medication Disposal Day-- A Huge Success



**213.5 pounds of medications were
collected in Clinton County.**

On September 29, MHRS and other community partners in Clinton County sponsored a venue for persons to safely dispose of unwanted

and unused prescription drugs, as part of the Fifth National Prescription Drug Take Back Day conducted by the United States Drug Enforcement Administration. In just four hours at two Clinton County locations, 213.5 pounds of medications were collected and taken by law enforcement officers to a regional drop off point for Southwest Ohio, and then they were turned over to the Drug Enforcement Agency where they were destroyed.

This is significant because each day, approximately, 2,500 teens use prescription drugs to get high for the first time, according to the Partnership for a Drug Free America. Studies show that a majority of abused prescription drugs are obtained from family and friends, including the home medicine cabinet. Barbara Adams Marin, a prevention specialist with Solutions Community Counseling and Recovery Centers in Wilmington who helped coordinate the event, said prescription drug abuse is a serious problem. "Clinton County ranks 12th out of Ohio's 88 counties in the rate of accidental overdose deaths," she said. "The problem of prescription drug abuse is right behind alcohol and marijuana. It's our fastest growing problem with young people." Marin continued, "All medication should be stored in a *locked* cabinet or drawer and not on the kitchen table, a window sill or even your bathroom medicine cabinet." Opiate pain medications are the most frequently abused drugs.

We at Mental Health Recovery Services of Warren and Clinton Counties are appreciative of the efforts taken by those who participated in this collection day. The event was a collaboration with Clinton Memorial Hospital, Clinton County Health Department, Solutions, Clinton County Sheriff's office, and Wilmington, Sabina, and New Vienna police departments. If you missed this drop-off opportunity, you may still dispose of your unused meds appropriately by locating a permanent drop box convenient to your home or work by referring to this website: <http://rxdrugdropbox.org/>.

Mental Illness Awareness Week Recognized

The annual local candlelight vigil for Mental Illness Awareness Week was held on Sunday evening, October 7 on the Clinton County Courthouse lawn to kickoff Mental Illness Awareness Week. The purpose of this event was to provide an opportunity to reach out to the community and educate about mental illness and mental wellness, advocate for people with mental illness, decrease stigma and encourage people to seek treatment. Candles were lit in honor of mental wellness, in compassion of those who struggle and in recognition of the work being done and yet to be done in the field.

The vigil was conducted under the direction of the local Compeer program, affiliated with Mental Health America of Southwest Ohio. Due to unseasonably cold weather, a smaller than expected crowd participated in the event, according to Michelle Rolf of Clinton and Warren Counties Compeer.

"If you could only sense how important you are to the lives of those you meet; How important you can be to the people you may never even dream of. There is something of yourself that you may leave at every meeting with another person."

--Fred Rogers--

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