

Subject:

RE: News from Mental Health Recovery Services of Warren & Clinton Counties



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

Information for the Community
May 2012

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/

Provider Agencies

[Solutions Community Counseling and Recovery Centers](#)

[New Housing Ohio, Inc.](#)

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

May is Mental Health Month

Below is a guest column authored by Brent Lawyer submitted to local media for publication.

Mental Illness Affects More People Than You May Realize
A new national report from earlier this year reveals that 45.9 million American adults aged 18 or older experienced a diagnosed mental illness in the past year.

Mental illnesses are very common affecting 20 percent of adults, but they are also widely misunderstood. People with mental illnesses are frequently stigmatized by others who think it's an uncommon condition. But, the truth is mental illness can happen to anybody.

Think about it - most people would not wait to have a heart condition treated. We should not wait to treat our overall wellness either.

Understand the facts, not myths about mental illness. Below are but a few facts and myths:

Myth: There's no hope for people with mental illnesses.

Fact: There are more treatments, services, and community support systems than ever before, and more are in the works. People with mental illnesses lead active, productive lives.

Myth: People with mental illnesses are violent and unpredictable.

Fact: Actually, the vast majority of people with mental health conditions are no more violent than anyone else. People with

[Mental Health America of Southwest Ohio, Inc.](#)

[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](#)

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mental illnesses are much more likely to be the victims of crime. You probably know someone with a mental illness and don't even realize it.

Myth: Mental illnesses are brought on by a weakness of character.
Fact: Mental illnesses are a product of the interaction of biological, psychological, and social factors. Social influences, like the loss of a loved one or a job, can also contribute to the development of various mental health problems.

Myth: People with mental illnesses cannot tolerate the stress of holding down a job.

Fact: All jobs are stressful to some extent. Anybody is more productive when there's a good match between the employee's needs and the working conditions, whether or not the worker has a mental health problem.

Myth: Once people develop mental illnesses, they will never recover.

Fact: Studies show that most people with mental illnesses get better, and many recover completely. Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities. For some individuals, recovery is the ability to live a fulfilling and productive life. For others, recovery implies the reduction or complete remission of symptoms. Science has shown that hope plays an integral role in an individual's recovery.

May is Mental Health Month. It's a time when organizations and individuals take a few moments to raise awareness of mental illness. If you or someone you love needs help - our funded services are available. Education is essential.

Suicide Coalition Receives Mini-Grant

Last month the Ohio Suicide Prevention Foundation awarded the Suicide Prevention Coalition of Warren & Clinton Counties a mini grant for Ohio's Campaign for Hope-Youth Suicide Prevention Initiative.

The grant funds will be used to pay for printing of flyers, posters, youth wallet cards and incentive for school participation to promote the Kognito At-Risk Interactive Online Gatekeeper Training for High School Educators and the National Suicide Prevention



Lifeline (800-273-TALK). Kognito is a free training available to Ohio high school personnel which educates on recognizing common signs of psychological distress, managing a conversation with at-risk students, effectively motivating students to seek help

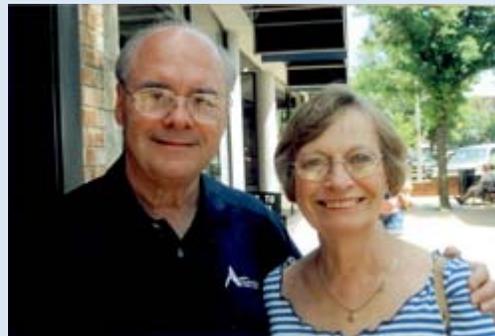
and how to refer them to assistance. Funding for this evidence based program is made possible through a federal grant awarded to the Ohio Suicide Prevention Foundation by SAMHSA.

The local coalition was also awarded an additional grant by the Ohio Suicide Prevention Foundation for "Fostering Collaborative Community Partnerships to Address Suicide and the Alcohol/Drug Connection." This grant will fund the printing of brochures and purchase of other promotional items.

For more information about the Suicide Prevention Coalition or any of the initiatives mentioned above, please contact MHRS at 513-695 1695.

Warren County Resident Receives State Award

Congratulations to Nancy Harrison, a Warren County resident who recently received the Ohio Children's Mental Health Resiliency Hope Award. Since 2005 Nancy, a custodial parent of two



grandsons with multiple needs, has been a parent representative on the Warren County Family and Children First Council and a member of numerous committees.

MHR Associate Director Patti Ahting nominated Nancy. In the application Patti stated, "She is truly an ambassador for all families and youth who are impacted by mental illness and has been a positive influence on local decisions." The award was presented at the statehouse in Columbus on May 10.

You can read more about Nancy's story in MHR's Community Newsletter which will be published this month.

Community Feedback Needed

You are being invited to complete a brief survey, regarding drug and alcohol abuse prevention services, because you either live or work - or both - in Warren County or Clinton County.

You have a stake in what happens in the community and also have knowledge about what is happening within the county. As a member of this community, we would very much appreciate your input and support in responding, even if you don't feel that the topic of this survey applies to you directly. Thank you very much for your help!

Warren County

Please follow this link to complete the survey:

<https://www.surveymonkey.com/s/WarrenCountyFCFC>

Survey ends - June 11, 2012

Clinton County

Please follow this link to complete the survey:

<https://www.surveymonkey.com/s/ClintonCountyFCFC>

Survey ends - June 11, 2012

Medication Disposal Day Recap



On April 28th Clinton County's fourth "Medication Disposal Day" occurred and a total 94.5 pounds of medications were dropped off by 63 community members. In addition, the Warren County Sheriff's Office announced it has installed a drop box for year-round disposal of outdated or unneeded pharmaceuticals inside the lobby of the Warren County Jail.

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