



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

## Information for the Community

September 2012

### MHRSWCC IS NOW ON FACEBOOK!

#### 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](http://www.mhrsonline.org)

#### Provider Agencies

[Solutions Community Counseling and Recovery Centers](#)

[New Housing Ohio, Inc.](#)

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

[Mental Health America of](#)

Mental Health Recovery Services of Warren and Clinton Counties launched its newly created facebook page on September 3 as an additional avenue to promote the news and services of MHRSWCC and communicate vital information related to the topics of alcohol and drug addiction and mental health.

The number of facebook fans this site has generated in a very short time is encouraging, and we at MHRSWCC are excited to be able to spread our message to an additional audience. If you have news of interest related to the topics we serve, please email your information to [marydavis26@hotmail.com](mailto:marydavis26@hotmail.com).

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

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### September is Fetal Alcohol Spectrum Disorders Awareness and Prevention Month

When a pregnant woman consumes alcohol, so does her unborn child. Each year, nearly 40,000 children are born with mental, behavioral and/or physical challenges resulting from prenatal exposure to alcohol, according to the Substance Abuse and Mental Health Services Administration (SAMHSA, 2010). These children are born affected by Fetal Alcohol Spectrum Disorders (FASD), which according to the U.S. Surgeon General is the leading known cause of preventable birth defects.

Recognizing the gravity of FASD and the impact it has on affected children and their families, Gov. John R. Kasich has designated September as FASD Awareness and Prevention Month in Ohio. This coincides with national FASD Awareness Day, which has occurred

[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](#)

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annually on September 9 since 1999. The ninth day of the ninth month was chosen as a reminder to women to abstain from alcohol during their nine months of pregnancy.

Jane Groh, Director of Prevention and Education, at Solutions Community Counseling and Recovery Centers said awareness is an important first step in preventing this disorder. "FASD is 100 percent preventable," stated Groh. "Awareness can be one of the most deciding factors in bringing about positive change. Women who are pregnant or thinking about becoming pregnant need to know that no amount of alcohol is safe--not a single drop."

According to SAMHSA's 2008 National Survey on Drug Use and Health, 10.6 percent of pregnant women ages 15 to 44 reported current alcohol use. In addition, 4.5 percent reported binge drinking, which is four or more drinks in a row, and 0.8 percent reported heavy drinking. The number of women who engaged in binge drinking during the first trimester of pregnancy more than doubled in comparison to the previous survey period.

To help increase awareness of FASD and its life-long effects, the State of Ohio created a task force in 2003 to promote abstaining from alcohol during pregnancy to prevent FASD. For more information and resources about this preventable disorder, visit [www.notasingledrop.org](http://www.notasingledrop.org).

Solutions Community Counseling and Recovery Centers offers training on this topic. For more information or to schedule a training opportunity, contact Barbara Adams Marin, LCDCII Prevention Specialist, at [bmarin@solutionsccrc.org](mailto:bmarin@solutionsccrc.org) or 937.383.4441, ext. 116.



*David Raizk*

### **Raizk Brings a Special Perspective to MHRS Board**

David Raizk, well known to most Clinton Countians as the former Mayor of Wilmington, Ohio for 12 years, has been a valuable member of the Mental Health Recovery Services Board of Directors since his appointment by the Clinton County Commissioners in July 2010. He brings his experience and understanding of the day-to-day operations of MHRS's contract agencies. He has served on both the Clinton County

Drug and Alcoholism Board and Solutions Community Counseling and Recovery Centers (Board Chairman) for 25 years, both of which have provided him a very good knowledge of the system.

Raizk is compelled to continue to serve MHRS and its provider agencies because he believes these available services make a positive difference to the residents of both Warren and Clinton Counties. "I am fulfilled by this volunteer service role because I believe that together we are providing service to people who are often forgotten about. We need these services because without these public funds, many people would not get the help they need and deserve," stated Raizk.

Jokingly voicing that he has no time for hobbies, Raizk has been involved in community theatre for years, last having a role in the 2011 Wilmington College production of 1776. He is proud of being a Founder of the Wilmington College Summer Theatre that has entertained the community since 1971. Raizk has also served for 17 years on the Board of Trustees for Wilmington College and was presented with an Honorary Doctorate of Humane Letters in 2012. Raizk is employed with Bill Marine Ford and Chrysler in Wilmington where he has held the position of General Manager for 34 years.

A lifetime Clinton County resident and a graduate of both Wilmington High School and Wilmington College, Raizk resides in Wilmington with his wife of 40 years, Mary Ann. Together, they have 2 adult daughters Lauren Wulff and Leyla Raizk and 2 young grandsons, Holden and Barrett.

### **Alcohol and Drug Addiction Services Names Director**

Mental Health Recovery Services of Warren and Clinton Counties has appointed Jill Gomez as the Director of Alcohol and Drug Addiction Services effective July 2. Her leadership goals for this position include creating a culture where quality

services for all persons served is the norm. She hopes to do this by supporting collaborative partnerships between systems and minimizing barriers to services. Gomez is very familiar with the MHRS system through her involvement with peer reviews for the past eight years.

Recently completing her doctorate in Counselor Education at the University of Cincinnati, Gomez is also a full-time faculty member at UC Clermont and area Coordinator of Social Work, Human Services, and Addiction Studies. Her desire to stay actively involved in her profession of behavioral health keeps Gomez involved with CARF where she occasionally serves as an accreditor, surveying the application of national accreditation standards at rehabilitation facilities across the nation, such as inpatient psychiatric units, detox centers and prisons.

Gomez is a U.S. Navy veteran where she served active duty for her country for six years. She enjoys staying physically active by running



**JILL GOMEZ**

and cycling and has competed in several marathon events. She recently completed an Art of Mindfulness training course and uses meditation techniques to increase her work productivity.

A Cincinnati resident for the past 20 years, Gomez is married to Frank, a retired Navy vet who works for Cincinnati Milacron as an International Field Service Manager. They have two grown children, Andrew and Melissa.

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