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mental notes ELECTRONICALLY



Please e-mail Julie Bogner to receive "Mental Notes" online instead of via the mail. One quick e-mail to jbogner@whmhrb.org saves paper, time and money!

National Alcohol & Drug Addiction Recovery Month SEPTEMBER 2008

National Alcohol and Drug Addiction Recovery Month is observed each September. This year's theme, "Join the Voices for Recovery: Real People, Real Recovery," highlights the people for whom treatment and long term recovery have given a renewed outlook on life. It also celebrates those who have worked to advance the treatment and recovery landscape. Recovery Month is designed to help people understand there is hope and that help for alcohol and drug use disorders is effective and available.

According to the 2006 National Survey on Drug Use and Health, published by the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMSHA), an estimated 22.6 million persons (9.2 percent of the population ages 12 and older) were classified with a serious substance abuse problem in the past year. In 2006, 4.0 million persons aged 12 or older received some kind of treatment for their problem related to the use of alcohol or illicit drugs. Unfortunately, there are millions more in need of treatment but who are either unable or unwilling to receive it for a variety of reasons. Luckily, through the Mental Health and Recovery Board, there are a variety of treatment programs and educational presentations available to attack the problem of addiction.



Substance use disorders are surprisingly common compared with the number of people who suffer from other well-known diseases. One in four deaths each year is attributable to alcohol, tobacco and illicit drug use. Compared with the 2006 estimate that 22.6 million people aged 12 or older had a substance use disorder in the past year:

- 15.2 million adults in the US had diabetes as of 2007.
- Approximately 1.44 million Americans were expected to be diagnosed with cancer, and 560,000 were predicted to die from the disease in 2007.
- 15.8 million people today suffer from coronary heart disease.
- More than 5 million Americans have Alzheimer's disease.

Visit our web site at
www.whmhrb.org

Addiction can have a detrimental effect on a person's health. There are more deaths, illnesses and disabilities from substance use disorders than from any other preventable health condition. Heavy drinking contributes to illness in each of the top three causes of death: heart disease, cancer and stroke. Cirrhosis (liver scarring), the tenth leading cause of death, is largely preventable — nearly half of all cirrhosis deaths are linked to alcohol. Drug-related deaths are typically underestimated, as many tolls do not take into account deaths from associated diseases, such as hepatitis, tuberculosis, homicides, falls and motor vehicle crashes.

You're Invited

Recovery, Success, Value, Purpose RSVP RECOVERY CONFERENCE

September 10, 2008

8:00 a.m. – 4:00 p.m.

Ashland University Convocation Center



The conference is sponsored by the Mental Health & Recovery Boards of Wayne, Holmes, Ashland and Richland counties. The objective of the conference is to promote a greater understanding of recovery from mental illness and how our communities can be supportive. Registration fee is \$20.00 or \$45.00 (including CEU's). Registration forms are available at www.rsvpconference.org. Featured speakers include Sandra Stephenson, Director, Ohio Department of Mental Health; Dr. Daniel B. Fisher speaking on "Recovery Through Personal Assistance in Community Existence (PACE); and Dr. Fred Frese speaking on "Myths and Mountains"; and also Pat Risser, Martha Jorden, Daryush Parvinbenam, Bea Kamp, Sam Richter and David Ross.

..... Save The Date

OCTOBER 9 — In conjunction with Mental Illness Awareness Week, the Wayne Holmes Suicide Prevention Coalition will be sponsoring Bryce Mackie and his father Tom speaking on depression awareness and treatment. Bryce, a suicide survivor, will share his own experiences and show his award winning video, *Eternal High*. His father, who also suffers from depression, will speak about the parent's perspective of Bryce's illness and his own issues. Their main focus is reducing stigma and seeking help.

Presentations will be done at Wooster High School and Chippewa High School as well as a public presentation on Thursday, October 9, at The College of Wooster. Watch for more details.



www.whmhrb.org

MONTHLY SUPPORT MEETINGS

Watch for the new
Wayne-Holmes Mental Health Coalition!

ADVOCATES FOR MENTAL HEALTH OF WAYNE AND HOLMES COUNTIES is a nonprofit organization that provides a place for persons with mental health concerns to help themselves and others along the road to recovery. We do this through self-help, peer support, education, outreach activities and advocacy. We welcome all persons who have mental health concerns for themselves or others.

Every Monday 6:30-8:00 p.m. Education, Discussion and Support Group

2nd Saturday, 9:30 – 11:00 a.m. WRAP Support Group (open to anyone who has completed a WRAP workshop)

Wednesdays, 5:30 – 7:00 p.m.

First Wednesday of each month: Board of Directors Meeting
Second Wednesday of each month: Game/Fellowship Night
Third Wednesday of each month: Art for Wellness (must preregister)

Fourth Wednesday of each month: Writing For Wellness
Fifth Wednesday of each month: Movie Night

NAMI MONTHLY SUPPORT GROUPS

PALS (People Affected by a Loved One's Suicide) — Held the 1st Monday of each month, 7-9:00 p.m. at The Counseling Center in Wooster.

AMISH FAMILY SUPPORT AND EDUCATION GROUP —

Held the 2nd Wednesday of each month, 7-9:00 p.m. at Mt. Hope Elementary School.

HOLMES COUNTY FAMILY SUPPORT GROUP—

Held the 3rd Monday of each month, 7-8:00 p.m. at The Counseling Center in Millersburg.

Call 330-264-1590 for more information and free transportation to limited areas.

Office hours are M-F 9:00 a.m.-5:00p.m.

Mail: P.O. Box 1770, Wooster, Ohio 44691

E-mail: amhwh@mhealthsupport.org

Web site: www.mhealthsupport.org

Upcoming Events

MHRB Board Meetings:

3rd Thursday, 7:00 p.m., at the MHRB office

MHRB Program Committee:

1st Thursday, 7:00 p.m., at the MHRB office

MHRB Finance Committee:

2nd Thursday, 6:00 p.m., at the MHRB office

Behavioral Health Fast Facts —

In order to help the community feel more comfortable speaking as ambassadors on behalf of behavioral health and mental illness, we have compiled words currently used and accepted in the behavioral health field on this page, along with words that have contributed to the stigma and negativity surrounding mental illness.

Standard Industry Terminology

INDUSTRY TERMS and their Abbreviations:

- ▲ Attention Deficit/Hyperactivity Disorder (ADHD)
- ▲ Developmental Disability (DD)
- ▲ Mentally Retarded/Developmentally Disabled (MR/DD)
- ▲ Substance Abuse Mentally Ill (SAMI)

INDUSTRY DESCRIPTIONS:

- ▲ Severe and persistent mental illness (or brain disorders)
- ▲ People with brain disorders
- ▲ People with mental illness
- ▲ People with disabilities

☛ **HINT:** Always use “people” or “persons” first in the phrase, before the disability.

MENTAL DISORDERS:

- ▲ Adjustment Disorder
- ▲ Panic Disorder
- ▲ Phobias
- ▲ Obsessive-Compulsive Disorder (OCD)
- ▲ Post-traumatic Stress Disorder (PTSD)
- ▲ Acute Stress Disorder
- ▲ Generalized Anxiety Disorder (GAD)
- ▲ Bipolar Disorder (or Manic Depressive Disorder)
- ▲ Depression
- ▲ Major Depressive Disorder
- ▲ Borderline Personality Disorder
- ▲ Dissociate Disorders
- ▲ Schizophrenia
- ▲ Schizo-affective Disorder

Words That Perpetuate Stigma

The following is a sample of terms that are widely used to describe mental illness, but are not correct terminology.

- | | |
|-----------------------|-------------------------|
| ▼ Mad | ▼ Psychopath or Psycho |
| ▼ Manic | ▼ Psychotic |
| ▼ Crazy | ▼ Mentally unbalanced |
| ▼ Lunatic | ▼ Not right in the head |
| ▼ Disabled | ▼ Out of one’s mind |
| ▼ Retard | ▼ Idiotic |
| ▼ Mentally ill person | ▼ Demented |
| ▼ Raving | ▼ Neurotic |
| ▼ Deluded | ▼ Insane |
| ▼ Possessed | ▼ Split personality |
| ▼ Deranged | ▼ Sociopath |
| ▼ Touched | ▼ Disabled person |
| ▼ Unhinged | |

Resources

If you are looking for more information regarding behavioral health or mental illness, there are a number of reputable local and national organizations that specialize in the field. Please visit the following websites:

Wayne-Holmes Mental Health and Recovery Board — www.whmhrb.org

Network of Care — www.whmhrb.org — click on “Network of Care”

National Alliance on Mental Illness — www.nami.org

Ohio Department of Mental Health — www.mh.state.oh.us

Mental Health Matters — www.mental-health-matters.com

Mental Health America — www.nmha.org

National Mental Health Information Center — <http://mentalhealth.samhsa.gov>

National Suicide and Prevention — <http://www.hopeline.com>

Wayne County Mental Health Coalition — www.mhealthsupport.org

Facts —

- ☛ People with serious mental illness die, on average, 25 years earlier than the general population.
- ☛ Researchers say that a bout of depression may raise the risk of developing dementia later in life.
- ☛ Ancient Egyptian society, with its fixation on the health of the soul, is the first major example of mental health care as a major priority for a society in history.
- ☛ Treating depression in older adults also improves their ability to adhere to treatments for physical conditions like hypertension and diabetes.

From “I Am Coleman” a quarterly publication of Coleman Professional Services, 2008, Vol. 2. Resources



Recovery Board

OF WAYNE & HOLMES COUNTIES

2345 Gateway Drive, Suite C
Wooster, Ohio 44691

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Our Mission

The Mental Health & Recovery Board is the local governmental authority responsible for mental health and substance abuse treatment. Its role is to assess, plan, organize, fund and give oversight to community services for mental health treatment and alcohol and drug prevention and treatment.

Need to contact us?

330-264-2527

1-800-400-6518

330-674-5772

Fax: 330-264-7879

Provider Network

CATHOLIC CHARITIES SERVICES OF WAYNE COUNTY*

521 Beall Avenue, Wooster, Ohio
330-262-7836



OUTREACH COMMUNITY LIVING SERVICES

337 West North Street, Wooster, Ohio
330-263-0862



CHRISTIAN CHILDREN'S HOME OF OHIO*

2685 Armstrong Road, Wooster, Ohio
330-345-7949
Toll Free: 1-800-643-9073



STEPS AT LIBERTY CENTER

Gault Liberty Center
Wooster: 330-264-8498
Toll Free: 1-877-275-9277
Orrville: 330-683-2601



THE COUNSELING CENTER OF WAYNE AND HOLMES COUNTIES

2285 Benden Drive, Wooster, Ohio
Wooster: 330-264-9029
Toll Free: 1-877-264-9029
Millersburg: 330-674-6697
Orrville: 330-683-5106
Rittman: 330-925-5466



THE VILLAGE NETWORK*

P.O. Box 518, 2803 Akron Road, Smithville, Ohio
Wooster: 330-264-3232
Toll Free: 1-800-638-3232



EVERY WOMAN'S HOUSE

Gault Liberty Center
104 Spink Street, Wooster, Ohio
Wooster: 330-263-6021
Millersburg: 330-674-1020
Hotline: 330-263-1020 or 1-800-686-1122



YOUR HUMAN RESOURCE CENTER OF WAYNE AND HOLMES COUNTIES

2587 Back Orrville Road, Wooster, Ohio
Wooster: 330-264-9597
Toll Free: 1-800-721-YHRC
Millersburg: 330-674-4608
Rittman: 330-927-2244
Orrville: 330-682-4800



These agencies are part of the Mental Health & Recovery Board's network and receive public funds. They provide designated services to residents of Wayne and Holmes counties, regardless of the client's ability to pay.

**Some benefit restrictions may apply.*

Come see us at the FAIRS!

The MHRB will have a booth at the Holmes County Fair the week of August 11th and at the Wayne County Fair the week of September 8th. Stop by and try to find the winning

"KEY TO WELLNESS."