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David Drumm, Sr.
Gail Endres
Pat Gash
Kenneth Karger
Mary Ann King**
Gary Messner
John K. Miller, M.D.
Stephen Nameth
Rev. Daniel Reed
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Kim Tapie
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Robert Smedley
*Associate Director of
Alcohol/Drug Services*

Julia Bogner
Community Relations Specialist

Rose Love
Business Manager

Sue Zarlengo
Secretary



September Is RECOVERY MONTH

Statistics show that 22.5 million Americans aged 12 or over were classified with substance dependence or abuse in 2004. Additionally, 17 million people under age 18 live in a household where a parent or other adult is a binge or heavy drinker, and more than 9 million live with a parent or other adult who uses illicit drugs. Along with mental illnesses, substance use disorders have far-reaching consequences for individuals and families right here in Wayne and Holmes counties. Recovery Month is an opportunity to emphasize the benefits of treatment, remind our community that treatment is effective and that recovery is possible, and address the various issues many may confront throughout recovery.

GATEWAY DRIVE NEW HOME FOR MHRB

July 5 was moving day for the Mental Health and Recovery Board. Employees and those associated with the Board are making great use of meeting space and feeling the good effects of increased visibility that the Gateway Drive offices offer. A public open house is planned for October to acknowledge Mental Illness Awareness Week. Thanks to everyone who helped with the move. Stop in and check us out at 2345 Gateway Drive — “the Gateway to Recovery.”



2006 RECOVERY MONTH ACTIVITIES

See inside for details.

Wayne County Fair (September 9-14)

MHRB Booth where you can pick up valuable information on “Depression,” “Emotional Effects of Severe Weather” and other issues.

This year’s theme, “Moooving to Recovery,” reinforces the whole Treatment Works – People Recover philosophy.

Annual Dinner – September 28, 2006

*“They Just Don’t Get It — Changing Resistance Into Understanding”
Dinner and talk by author/organizational development consultant Leslie Yerkes.*

Recovery Month Seminar:

*“Dual Diagnosis Treatment Training for Mental Illness
and Substance Abuse/Dependency”*

NAMI Walk For Wellness

www.wayne-holmes.oh.networkofcare.org

mental notes
ELECTRONICALLY



Please e-mail Julie Bogner if you want to receive “Mental Notes” online instead of via the mail. One quick e-mail to jbogner@whmhrb.org will save paper, time and money!

Join Us ²⁰⁰⁶ Annual Dinner:

"They Just Don't Get It"

Understanding Relationships at Work and at Home

Make your reservation now for the 2006 Mental Health and Recovery Board Annual Dinner to be held September 28 at the Carlisle Inn, Walnut Creek in Holmes County. A delicious dinner will be served at 6:30 p.m. and the program will follow. This year's speaker, Leslie Yerkes, President of Catalyst Consulting Group, Inc. and author of *Fun Works: Creating Places Where People Love To Work*, *They Just Don't Get It*, *Beans: Four Principles For Running A Business in Good Times or Bad*, and *301 Ways To Have Fun At Work*. We spend one third of our lives at work, and our mental wellness would benefit if we enjoyed the workplace more. Yerkes will explore the all-too-common dilemma of what to do when people around you don't understand your explanations, goals, intentions, wishes or requests. Annual Dinner guests will learn the five keys to help everyone get it. New Board Officers will be elected and the Shining Light Award will be presented.

DUAL DIAGNOSIS WORKSHOP

Tuesday, September 19, 2006 • 12 noon – 4:00 p.m.

Memories Party Center • Lunch and Program \$20.00

The relationship between mental illness and substance abuse/addiction is significant. Neurobiological research is strengthening our ability to treat these disorders with greater clarity and effectiveness. This afternoon workshop is targeted at counselors, social workers, medical practitioners and supportive care workers, but anyone with an interest in mental illness and addiction is welcome. The speaker will be Patrick Boyle from Case Western University. Call the MHRB for more information at 330-264-2527 or 330-674-5772.

Watch for events celebrating Mental Illness Awareness Week October 1-7, 2006

The theme this year is "Building Community, Taking Action." Recovering from mental illness requires community action, understanding and teamwork. Recovery is possible because of improved science, better community supports and reduced stigma, but significant barriers remain. Services are at risk; there is minimal insurance available for those who work, and stigma (discrimination) is still present. Visit whmhrb.org and NAMI to view what is happening in Wayne and Holmes counties.



Events Worth Noting

- Tuesday, September 19, **Dual Diagnosis Seminar**, Memories Party Center, Wooster.
- Thursday, September 21, 12-12:30 p.m. **BRIDGES** program at Advocates office, 1273 Lincoln Way West, Wooster.
- Thursday, September 28, 6:30 p.m. **Annual Dinner, Leslie Yerkes, "They Just Don't Get It."**
- Saturday, September 30, 10:00 a.m. **Walk for Wellness NAMI Fundraiser**, Kinney Building Walking Path, Wooster.
- Thursday, October 5, 7:00 p.m. **Program Committee Meeting**, held at the Mental Health & Recovery Board Office.
- October 1-7, **Mental Illness Awareness Week**
- Thursday, October 12, 6:00 p.m. **Finance Committee Meeting**, held at the Mental Health & Recovery Board Office.
- Thursday, October 19, 7:00 p.m. **Board Meeting**, held at the Mental Health & Recovery Board Office.

MONTHLY SUPPORT MEETINGS

Advocates for Mental Health Meeting Schedule

Mondays: DBSA Support Group, 5-6:30 p.m.
at the Stanley R. Slater Building

Every Wednesday: Recovery Discussion Group,
5-6:30 p.m. at the Stanley R. Slater Building

2nd Monday of each month: Advocates Board Meeting
7:00 pm at the Stanley R. Slater Building

Call 330-264-1590 to confirm times and places.

Advocates is a collection of individuals — consumers, family members and friends — all of whom want to help and be helped. Feel free to come to any of the support groups or the Advocates education and fellowship nights listed above. Also, everyone is welcome at the Advocates Board Meetings on the 2nd Monday of each month at 7:00 p.m. at the Stanley R. Slater Building, 1273 Lincoln Way West, Wooster.

Contact Advocates:

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

Phone: 330-264-1590 (Mon, Wed 9:30-11:30 a.m.)

E-mail: amhwh@mhealthsupport.org

Web site: www.mhealthsupport.org

Holmes Co. Mental Health for All

2nd Wednesday from 1:30-3:30 p.m.

The Counseling Center's Holmes Co. Office

Contact: Beth Chiofalo or Joy Stitzlein at 330-264-9029

Amish Family Support & Education

2nd Wednesday from 7-9:00 p.m.

at Mt. Hope Elementary School

Contact: Jen Yoder at 330-674-6697 or

Christine Allman at 330-263-0380

Survivors of Suicide Groups

Groups are started in Wayne and Holmes counties.

Contact: Amy Anderson at 330-262-0088

NAMI Family Support Group

4th Thursday, 7-9:00 p.m. at The Counseling Center

Contact: Beth Chiofalo at 330-264-9029

Anyone with an interest in mental health or with a family member affected by a mental illness is urged to come to the **NAMI Business Meeting**, 3rd Monday, 7:00 p.m. at The Counseling Center's East Building. Contact Amy Anderson at 330-262-0088.

Dear Tom Cruise: Meet My Daughter

By Morton Sherman, reprinted from NAMI VOICE

Dear Tom Cruise: I want you to meet my daughter. Rachel is a beautiful 22-year-old who has struggled for years with depression. Yes, Mr. Cruise, she exercised. She took her vitamins. She did her homework. She had lots of friends. We talked to her and knew what was going on in her life. Yet, when she was 15 years old, Rachel tried to commit suicide.

A Shocking Discovery – Now why in the world would I address this letter to Tom Cruise and share this personal information with a national audience? Because I care about the health and welfare of the children of this country, because suicide is the third-leading cause of death among the adolescents we serve, and because I am tired of folks ignoring the reality of mental health issues.

When Rachel was first diagnosed with depression, we tried to do all the right things. She went to therapy and took her meds, and we worked hard to keep her life together. She was on her high school's basketball and softball teams and sang in the school's leading choruses. Yet by January of her sophomore year, she was diagnosed as having an eating disorder, being clinically depressed and being suicidal.

Hearing these diagnoses was shocking to our family. I am a school district superintendent; my wife is a remarkable special education teacher, and we thought that all of our daughters were happy, engaged and active children. We certainly wondered what we had done wrong. We were convinced that all of this would pass quickly and we would get back our All-American daughter in just a few weeks.

Such was not the case. By the end of May, Rachel was on a 24-hour suicide watch. In June, she tried to take her life.

Yes, Mr. Cruise, she had taken her vitamins and did her exercise. And we almost lost a child.

A Dangerous Stigma – In the months and weeks that followed, we learned that we were not alone. Other families struggled with depressed children. Other families lost their children to suicide.

We began to speak honestly and openly about our experience and about what we knew. We worked hard as a family to deal with these issues, and Rachel began to speak publicly about what she had gone through and what she was still dealing with every day of her life. Rachel continued her medications, went to regular sessions with her doctors and put into practice what she was learning through cognitive therapy.

We found out that mental health issues have a stigma about them that keeps families from getting help for their children. We learned that most school professionals are not well informed or trained well enough to know what to do for depressed children and their families. One of the most startling facts that we learned is that most children who are depressed do not get the help they need. At first we thought this might be a result of a shortage of mental health professionals or because there are financial obstacles to obtaining appropriate care.

What we have learned is that many families and schools follow the “suck it up” mentality that we hear on late night talk shows, or they follow narrow, uninformed and dangerous conventional wisdom.

During congressional hearings in Washington, D. C., in support of the Presidential Commission's Report on Mental Health, we heard stories from other families across America. The tales were similar in so many ways. Families had to overcome stigma from their friends and even their relatives. Few supports in the community were available. Ken Duckworth, medical director for the National Alliance on Mental Illness (NAMI), spoke about the amazing finding that some are now understanding: the head is not separate from the body.

When a child breaks a leg, we put a cast on it. When we have a headache, we take aspirin. So must it be for the mental health of our children.

Moving Ahead – The lessons we learn from Rachel are profound. She has taught us about strength, about what is important in life and about getting help and moving ahead.

We have the opportunity and the responsibility to lead the conversation forward in our schools and communities.

Morton Sherman, Superintendent
Tenafly Public Schools, Tenafly, NJ

Clinical Depression is a common, real and treatable illness

Basic Facts About Clinical Depression

- Clinical depression is one of the most common mental illnesses, affecting more than 19 million Americans each year. This includes major depressive disorder, manic depression and dysthymia, a milder, longer-lasting form of depression.
- Depression causes people to lose pleasure from daily life, can complicate other medical conditions and can even be serious enough to lead to suicide.
- Depression can occur to anyone, at any age, and to people of any race or ethnic group.
- Depression is never a “normal” part of life, no matter what your age, gender or health situation.
- Unfortunately, though treatment for depression is almost always successful, fewer than half of those suffering from this illness seek treatment. Too many people resist treatment because they believe depression isn't serious, that they can treat it themselves or that it is a personal weakness rather than a serious medical illness.

Treatments for Clinical Depression

Clinical depression is very treatable, with more than 80% of those who seek treatment showing improvement. The most commonly used treatments are antidepressant medication, psychotherapy or a combination of the two. The choice of treatment depends on the pattern, severity, persistence of depressive symptoms and the history of the illness. As with many illnesses, early treatment is more effective and helps prevent the likelihood of serious recurrences.

Symptoms of Clinical Depression

- Persistent sad, anxious or “empty” mood
- Sleeping too much or too little, middle of the night or early morning waking
- Reduced appetite and weight loss, or increased appetite and weight gain
- Loss of pleasure and interest in activities once enjoyed
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment
- Difficulty concentrating, remembering or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless or worthless
- Thoughts of suicide or death

A confidential depression screening test is available at depression-screening.org.

If you have five or more of these symptoms for two weeks or more, you could have clinical depression and should see your doctor or a qualified mental health professional. The Mental Health and Recovery Board continues to work to ensure that services are available to all those people who need them. And we are working every day to stamp out discrimination (stigma) against family members, friends and folks affected by mental illness and addiction.

Depression is more than feeling sad. Like heart disease or diabetes, depression is a serious medical illness. It affects your thoughts, feelings, actions and health. Depression may not go away by itself. Without treatment, it can last for months or years. The hardest thing to do is to reach out for help – but it is also the first step towards getting better. If you or someone you know needs help, call the Mental Health and Recovery Board – treatment is available.



Recovery Board

OF WAYNE & HOLMES COUNTIES

2345 Gateway Drive, Suite C
Wooster, Ohio 44691

Return Service Requested

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.

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Need to contact us?

330-264-2527

1-800-337-6518

330-674-5772

Fax: 330-264-7879

NAMI of Wayne and Holmes Counties

National Alliance for the Mentally Ill

Get a team together and walk to support Mental Wellness! Your walking will increase your own mental wellness and support the efforts of NAMI — the National Alliance for the Mentally Ill — a grassroots, self-help, support, education, advocacy organization dedicated to improving the lives of all those affected by serious mental illness. The walk will begin at 10:00 a.m., and the total distance is two trips around the track or approximately two miles. There will be Refreshments, Music and Fun for all!

WALK FOR WELLNESS

Saturday, September 30, 2006
Kinney Building Walking Path
Wooster, Ohio
10:00 a.m.

Call Connie Besancon at 330-567-3228
or Diane Clark at 330-263-1465
for more information or
to register a team.



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NAMI will be offering Family to Family, a free 12-week course for families dealing with mental illness. Classes begin on September 18 from 6:30 to 9:00 p.m. The course covers medications and treatment for schizophrenia, bipolar disorder and depression. Other topics include handling crisis and relapse, medications, listening skills, recovery and rehabilitation, and self-care for family and care givers. For more information or to register, call NAMI at 330-262-0088.

Provider Network

The Counseling Center of Wayne and Holmes Counties
2285 Benden Drive • Wooster, Ohio
24-hour phone access
330-264-9029 or 330-674-6697

Every Woman's House
Gault Liberty Center
104 Spink Street • Wooster, Ohio
330-263-6021
Hotline: 1-800-686-1122

Outreach Community Living Services
337 West North Street • Wooster, Ohio
330-263-0862

Your Human Resource Center of Wayne and Holmes Counties
2587 Back Orrville Road • Wooster, Ohio
330-264-9597 or 330-674-4608

STEPS at Liberty Center
Gault Liberty Center
104 Spink Street • Wooster, Ohio
330-264-8498

Catholic Charities Services of Wayne County*
521 Beall Avenue
Wooster, Ohio
330-262-7836

Boys' Village*
P.O. Box 518
2803 Akron Road
Smithville, Ohio
330-264-3232

Christian Children's Home of Ohio*
2685 Armstrong Road
Wooster, Ohio
330-345-7949

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.*