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*Associate Director*

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*Associate Director of  
Alcohol/Drug Services*

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*Community Relations Specialist*

Rose Love  
*Business Manager*

Sue Zarlengo  
*Secretary*

## May is Mental Health Month

See Page 3 for Special Events and Workshops

### Feeling Stressed? *Plant A Garden*



Spending time in a garden offers an array of benefits for the mind, body and spirit. Interactions with plants and nature have been shown to improve mental, cognitive and physical health. In addition to the physical benefits, gardening engages the senses. Sensory integration engages emotion and interest, as well as fosters relaxation. As you plan your own garden, consider including plants and design features that will stimulate your senses of sight, touch, smell, taste and sound.

- **Sight.** Choose plants of different colors to create a visual mood. For example, “cool colors” (blues, purples and whites) decrease anxiety and promote calmness.
- **Touch.** Incorporate various textures: smooth, velvety, fuzzy. Touching these plants can help inspire a tangible connection between the gardener and nature.
- **Smell.** Fragrance can decrease agitation and anxiety, lift feelings of depression and stimulate positive memories.
- **Taste.** The activity of harvesting can help improve strength, coordination and range of motion and provide a tasty reward for your hard work.
- **Sound.** The sound of water and the songs of birds can help to reduce stress by creating your own special soothing retreat.

Effective use of sight, touch, smell, taste and sound will allow you to create a meaningful personal landscape or garden spot. Determine what is most important to you and your lifestyle. Some of the keys to stress management, relaxation and quality of life can be grown right in your own backyard.

Reprinted with permission from the Holden Arboretum, 440-946-4400. Written by Karen L. Kennedy, HTR.

## 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](mailto:jbogner@whmhrb.org) will save paper, time and money!

# Children and Sports

*"It is important to remember that the behaviors and values taught to children in sports carry over to adult life."*



## Tips for Success in Sports

To help your child develop good sportsmanship and get the most out of sports, you need to be actively involved. This includes:

- ◆ providing emotional support and positive feedback
- ◆ attending some games and talking about them afterward
- ◆ having realistic expectations for your child
- ◆ learning the sport and supporting your child's involvement
- ◆ helping your child talk with you about their experiences with the coach and other team members
- ◆ helping your child handle disappointments and losing
- ◆ and modeling respectful spectator behavior

Although this involvement takes time and creates challenges for work schedules, it allows you to become more knowledgeable about the coaching, team values, behaviors and attitudes. Your child's behavior and attitude reflect a combination of the coaching and your discussions about good sportsmanship and fair play.

It is also important to talk about what your child observes at sports events. When bad sportsmanship occurs, discuss other ways the situation could be handled. While you might acknowledge that in the heat of competition it may be difficult to maintain control and respect for others, it is important to stress that disrespectful behavior is not acceptable. Remember, success is not the same thing as winning, and failure is not the same thing as losing.

*Source: American Academy of Child and Adolescent Psychiatry*

## Events Worth Noting

- ◆ Friday, May 11, 5-8 p.m. **Arts For Wellness Opening**, Wayne Center for the Arts.
- ◆ May 11–June 29 **Arts For Wellness Exhibit**, Wayne Center for the Arts.
- ◆ Thursday, May 3, 7:00 p.m. **Program Committee Meeting**, held at the Mental Health & Recovery Board (MHRB) Office.
- ◆ Friday, May 4, 11:30 a.m.-1:30 p.m. **Workspace Wellness Workshop**, MHRB Office.
- ◆ Thursday, May 10, 6:00 p.m. **Finance Committee Meeting**, MHRB Office.
- ◆ Thursday, May 17, 7:00 p.m. **Board Meeting**, MHRB Office.
- ◆ Thursday, June 7, 7:00 p.m. **Program Committee Meeting**, MHRB Office.
- ◆ Thursday, June 14, 6:00 p.m. **Finance Committee Meeting**, MHRB Office.
- ◆ Thursday, June 21, 7:00 p.m. **Board Meeting**, MHRB 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

Advocates Board Meeting  
Call for schedule.  
7:00 p.m. 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 held at the Stanley R. Slater Building, 1273 Lincoln Way West, Wooster. Call for schedule.

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

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

Phone: 330-264-1590

E-mail: [amhwh@mhealthsupport.org](mailto:amhwh@mhealthsupport.org)

Web site: [www.mhealthsupport.org](http://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: Jennifer Rittenour at 330-262-0088

### Amish Family Support & Education

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

at Mt. Hope Elementary School

Contact: Jennifer Rittenour at 330-262-0088

### Survivors of Suicide Groups

Groups are started in Wayne and Holmes counties.

Contact: Jennifer Rittenour at 330-262-0088

### NAMI Family Support Group

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

Contact: Jennifer Rittenour at 330-262-0088

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 Wednesday, 7:00 p.m. at The Counseling Center's East Building. Contact Jennifer Rittenour at 330-262-0088.

# May is Mental Health Month



2007 **ARTS** for  
**WELLNESS**

## **ARTS FOR WELLNESS Opening and Exhibit**

14th annual exhibit featuring artwork celebrating recovery and wellness. Come and view this beautiful exhibit at the Wayne Center for the Arts showcasing a wide variety of art forms by consumers, board members, family and friends of the Mental Health and Recovery Board and its eight provider agencies.

*Friday night, May 11th* will feature readings and talks by artists exploring and explaining their artwork and how it relates to wellness and recovery. Entries are due by May 2nd to the Mental Health and Recovery Board offices. Call for more details and an entry form.

## **Workspace Wellness – Organizing Workshop**

*Friday, May 4th* • Everyone Welcome • 11:30 a.m. – 1:30 p.m. • Mental Health & Recovery Board office.  
Cost: \$5.00 • Pizza Provided. Call to register; space is limited.

Learn tips for organizing your workspace at your office or home to reduce your stress and anxiety and increase your productivity.

## Real Men Real Depression

*It takes courage to ask for help!*



### ■ **Depression is a serious medical condition that involves the body, mood and thoughts.**

It affects how you eat and sleep. It alters your self-perception. It changes the way you think and feel. Men with a depressive illness can't just "snap out of it" or "pull themselves together," because depression isn't the same as a passing mood. Left untreated, depression may last for weeks, months or years at a time.

### ■ **If you are experiencing some of the following symptoms, you may have a depressive illness.** Are you feeling sad or empty, irritable or angry, guilty or worthless, pessimistic or hopeless, tired, restless or agitated, like no one cares about you or like life is not worth living? You may also sleep or eat more or less than usual; have persistent headaches, stomach problems or chronic pain; have trouble concentrating, remembering things or making decisions; lose interest in work or hobbies or lose interest in sex.

### ■ **The feelings and behaviors that are part of depression can hinder a person's ability to seek help.** In addition, men in particular may find it difficult to admit depressive symptoms and ask for help. It's important to remember, however, that depression is a real, treatable illness and is nothing to be ashamed of.

### ■ **If you are feeling depressed, tell someone about your symptoms.** Speak with a doctor, nurse, psychologist, social worker or employee assistance professional. Asking for help takes courage, but it can make all the difference.

Source: National Institute of Mental Health

### **Special Seminar: Depression in the Workplace**

Suicide Prevention Coalition, NAMI and the Mental Health and Recovery Board present:

Dr. Ellen Anderson – Tuesday, June 12, and Wednesday, June 13.

Call MHRB for more information or to register.



# 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.*

Mental Health problems are so common that they affect almost every family in America. Yet most people who have mental health problems recover from them. So chances are, someone who has – or has recovered from – a mental health problem makes a positive impact on our lives, even if we don't realize it. So get the facts about mental health. Because mental health is **part of all of our lives.**

