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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!

**RECOVERY** (ri-kuv'er-ee) n. 1. Getting back; regaining. 2. Regaining a normal or usual condition. [Latin, *recuperare*.] – recoverable, *adjective*. – recover, *verb*.

Recovery will be a word heard continually in 2009 and probably beyond into 2010. Everyone is hopeful that the economy, the automakers, the State of Ohio, our two counties, families and friends will all "regain a normal or usual condition" in the upcoming months. In addition to regaining a more normal economic condition, recovery is also a word that carries meaning in the behavioral health community.

Since the mid-1980's, a great deal has been written about mental health recovery from the perspective of the consumer, family member and the mental health professional. Early research challenged the belief that severe mental illness is chronic and that stability is the best one could hope for. They discovered there are multiple outcomes associated with severe mental illness and that many people did progress beyond a state of mere stability. As such, the concept of recovery began to obtain legitimacy.

Although there are many perceptions and definitions of recovery, most believe it is a way of living a satisfying, hopeful, and contributing life even with limitations caused by the illness. Recovery involves the development of new meaning and purpose in one's life as

one grows beyond the catastrophic effects of mental illness."

The process of recovery and getting to the recovered state involves certain concepts or factors that are common no matter what type of recovery one is referring to. Some of these are shared below:

### HOPE

Hope is a desire accompanied by confident expectation. Having a sense of hope is the foundation for ongoing recovery from mental illness. Even the smallest belief that a person can get better, as others have, can fuel the recovery process.

### MEDICATION/TREATMENT

While many people are frustrated by the process of finding the right medications and the side effects of medications, most persons with a psychiatric disorder indicate that medications are critical to their success. For many, the goal is not to be medication free, but to take the least amount necessary.

Likewise, mental health consumers often report that mental health professionals and treatment programs are valuable to their recovery, especially when consumers feel they are engaged in a partnership with their treatment provider and are involved in their treatment planning.

### EMPOWERMENT

Empowerment is the belief that one has power and control in their life, including their illness. Empowerment also involves taking responsibility for self and advocating for self and others. As

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### May is...

## Mental Health Month

Activities will include the *16th Annual Arts For Wellness Exhibit*, opening May 14, and the *Walk For Wellness*, May 16. Artwork for the exhibit is due May 6 at the MHRB office. More information will follow on both of these activities. Call 330-264-2527 or 330-674-5772 now if you are interested in helping or participating in either of these events.

consumers grow in their recovery journeys, they gain a greater sense of empowerment in their lives.

## SUPPORT

Support from peers, family, friends and mental health professionals is essential to recovery from mental illness. It is especially beneficial to have multiple sources of support. This not only reduces a consumer's sense of isolation, but also increases their activity in the community, allowing them to obtain an integral role in society.

## EDUCATION/KNOWLEDGE

In order to maximize recovery, it is important to learn as much as possible about illnesses, medications, best treatment practices and available resources. It is also important to learn about ourselves, including our symptoms, so that we can gain better control over our illnesses.

Consumers can educate themselves by speaking with health care professionals; attending workshops and support groups; reading books, articles and newsletters; browsing the internet and participating in discussion groups.

## SELF-HELP

While most consumers recognize the value of professional treatment, self-help is often viewed as the conduit to growth in recovery. Self-help can take many forms, including learning to identify symptoms and take actions to counteract them, reading and learning about an illness and its treatment, learning and applying coping skills, attending support groups and developing a support system to rely on when necessary.

## SPIRITUALITY

A broad definition of spirituality is that it is a partnership with one's higher power. For many consumers, spirituality provides hope, solace during their illness, peace and understanding, and a source of social support.

## EMPLOYMENT/MEANINGFUL ACTIVITY

Whether it is fair or not, what a person does shapes others' opinions of who they are. As a result, it is common for a person's identity to be significantly impacted by what they do. Likewise, what a person does influences his/her confidence, esteem, social role, values, etc. Simply put, employment/meaningful activity affords most consumers the opportunity to regain a positive identity, including a sense of purpose and value.

All of the points above play into the process of recovery, whether it be from a mental illness or a physical illness or our ill economy.

Thanks to the website: <http://www.mhrecovery.com> (2008).

## Website for Families with Depression

If you haven't checked it out, it's definitely worth a look — Families for Depression Awareness. The site is <http://www.familyaware.org>.

Updated frequently, the site hosts an on-line support group and has informative articles and useful guides.

The site offers information on depression, medical help and books on the topic. It also has a section specifically for caregivers and family members of the person with depression.

## 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

### Arts for Wellness Opening:

May 14, artwork due May 6 at MHRB

### Walk for Wellness:

Saturday, May 16

## Wayne-Holmes Mental Health Coalition!

### SUPPORT-FELLOWSHIP-EDUCATION

**Wayne-Holmes Mental Health Coalition (WHMHC)** is a newly formed coalition that incorporates NAMI, Advocates for Mental Health of Wayne and Holmes Counties, and the Suicide Prevention Coalition. The coalition is a nonprofit organization that provides a place for persons with mental health concerns to help themselves and others along the road to recovery.

The groups and meetings all take place at the Stanley R. Slater Building, 1273 Lincoln Way West, Wooster, Ohio (beside the House of Iron gym). There is always limited **FREE** transportation to activities.

Everyone is welcome — whether they have mental health concerns themselves or for others, including family members.

The meetings and activities are as follows:

### Education, Discussion and Support Group

Every Monday, 6:30-8:00 p.m.  
Group Facilitator: Shelley Schrier

### WRAP Support Group

Second Saturday, 9:30-11:00 a.m.  
Open to anyone who has already completed a WRAP workshop.  
For information on how you can attend a workshop, please call 330-264-1590.

### Game and Fellowship Night

Second Wednesday, 5:30-7:00 p.m.

### Art for Wellness

Third Wednesday, 5:30-7:00 p.m.

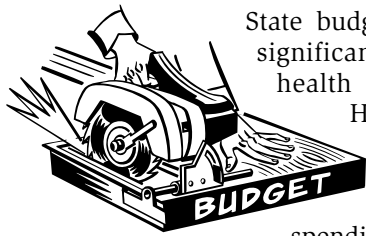
### Writing for Wellness

Fourth Wednesday, 5:30-7:00 p.m.  
Come and give it a try — help yourself and others and have fun doing it!

### Wayne-Holmes Mental Health Coalition

P.O. Box 1770, Wooster, Ohio 44691  
Phone: 330-264-1590  
[coalition@mhealthsupport.org](mailto:coalition@mhealthsupport.org)  
<http://www.mhealthsupport.org>

## State Budget Woes: Bleak '09



State budget reductions are having a significant impact on behavioral health services in Wayne and Holmes counties. In early December, Ohio Governor Ted Strickland announced that a third round of state spending cuts will occur after the

first of the year to close a \$640 million deficit.

However, that pales in comparison to the \$7.3 billion shortfall projected for the next biennial budget. Earlier, state officials had said state agencies should expect at least ten percent funding cuts the first year of the two-year budget and five percent the second year. Now they are saying those cuts won't be enough to close the larger-than-expected deficit.

Locally, the MHRB is working diligently through two committees, the Financial Planning Committee and the Funds Generation Committee, both comprised of Board members, agency representatives, staff and consumers, to come to terms with the shortfalls. Many are seeing this economic situation, not as a crisis, but as an opportunity to redesign the system of care and make it even more effective and efficient.

Throughout the process, the committees expressed gratitude to citizens in both counties for supporting the levy in 2007 and, hopefully, continuing support in the future.

## What a Difference a Friend Makes!

One of the most important factors in recovery is the understanding and acceptance of friends. Friends can make a difference by offering reassurance, companionship and emotional strength.

"The stigma associated with mental illness is a big barrier to recovery. If we want to be a truly healthy society, we need to break down the stigma and treat mental illness like any other healthcare condition. It starts with YOU."

### Respond

Imagine that you have just been diagnosed with a serious but treatable physical condition. You're scared and confused, so you tell a friend. How would you feel if your friend laughed, called you names, made rude gestures and told you to just snap out of it? Mental illness causes physical, mental and emotional symptoms that make an added stigma even harder to bear. So put aside any preconceived notions you might have about mental illness and embrace a more helpful way of relating to people.

### What would YOU do?

1. If a friend with a mental illness starts sleeping much of the day...
2. If a friend with a mental illness repeatedly does not want to go out...
3. If a friend with a mental illness is not attending class or work regularly...
4. If a friend with a mental illness is very anxious...
5. If a friend with a mental illness cuts off communication with you...
6. If a friend confides in you about his mental illness...
7. If you hear others talking about people with mental illnesses in negative terms...
8. If you notice a friend with a mental illness is not performing as she/he usually does at work or in school...

- .....
- A-1. You can encourage him/her to get out of the house — take them to a movie or out for coffee.
  - A-2. You can go to their home and be supportive by hanging out with him/her, talking and by just being a friend.
  - A-3. You can call or visit them and be understanding, empathetic and encouraging.
  - A-4. You can be reassuring and avoid belittling or patronizing these concerns.
  - A-5. You can be persistent by continuing to call and visit them — to let them know that you are there.
  - A-6. You can be nonjudgmental, treat them as you always have and continue to be a support for them. You can check out websites such as <http://www.whmhrb.org> and <http://www.mhealthsupport.org> for some local programs and help.
  - A-7. You can educate them that people with mental illnesses deserve respect and dignity.
  - A-8. You can check in with them to see how they are doing and how you can help. It can be as simple as taking a walk or helping with studying.

Thanks to SAMSHA's national Mental Health Anti-Stigma Campaign (2008) for this article. Check out [www.whatadifference.org](http://www.whatadifference.org) for more ideas on ways to beat stigma and be a friend.

A decorative border with intricate floral and scrollwork patterns, framing the text of the 'Arts for Wellness' section.

## Arts for Wellness

The Mental Health and Recovery Board will again be sponsoring its **16th annual Arts for Wellness exhibit**. The exhibit will open Thursday, May 14 at the Wayne Center for the Arts. Start now working on or deciding which piece of artwork, poetry, handcraft, music selection, etc. you want to exhibit. Or come to the Mental Health Coalition **arts and crafts night** on the third Wednesday of each month at 5:30 p.m. at the Slater Building to learn or perfect a new art form. Stained glass, watercolor, crocheting and beading are some of the past projects. Everyone is welcome. Artwork is due at the MHRB office on Wednesday, May 6.

Call 330-264-1590 for more information.



# 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.**

