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- Darin Campbell
- Chuck Dougherty
- David Drumm, Sr.
- David Dutton
- Bryan Fehr
- Pat Gash
- Anne Goon
- Mary Ann King**
- Carolyn Mattes
- Gary Messner
- John K. Miller, M.D.
- Darcy Pajak**
- Rev. Daniel Reed
- Patricia Stone
- Mark Strader**
- **Board Officers

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- William Mateer
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- Kim Tapié
Associate Director
- Robert Smedley
Associate Director of Alcohol/Drug Services
- Julia Bogner
Community Relations Specialist
- Rose Love
Business Manager
- Sue Zarlengo
Secretary

**Thanks for
your vote of
support by
passing the
MHRB levy!**

GOOD NEWS: You Can Beat The Post-Holiday Blues

Try these suggestions:

◆ Eat, drink and be healthy. Raid your pantry and toss any leftover holiday treats. Eating a balanced diet will give you more energy and will make you feel better. Cut back on caffeine if you're having trouble sleeping, and limit your alcohol intake. Excessive consumption contributes to depression.

◆ Work it out. Physical activity releases feel-good chemicals in your body that help make you happier. Plus, it will rid you of those extra pounds you gained during the holiday season. If the winter weather is keeping you from your regular fitness routine, take it inside. Walk the inside perimeter of a mall or join a gym. Many offer New Year's specials.

◆ Share your feelings. Don't keep your frustrations bottled up. Confide in a trusted friend or family member. Often just talking about what's bothering you can be a big relief. Your confidant may be able to offer a realistic perspective on what you're going through.

◆ Know when to ask for help. If your post-holiday blues don't go away, or if you experience physical symptoms of depression, talk with your doctor. Treatment is available and may include antidepressants and therapy.

◆ Recognize the symptoms of depression: a persistent sad or "empty" mood, sleeping too little or too much, weight loss or weight gain, loss of interest in once-enjoyed activities, restlessness, difficulty concentrating, fatigue, thoughts of death or suicide.

Source: Baylor Health Care System



VOLUNTEERS NEEDED

Mental Health Month/Arts for Wellness Committee

This committee will be responsible for planning and implementing activities during Mental Health Month, which is held in May, and also for developing some new ideas for the Arts for Wellness exhibit, usually held in May and June. Call Julie Bogner at 330-264-2527 if you are interested in helping.

CHAMBER AFTER HOURS

- Save the Date -

Tuesday, March 4, The Mental Health and Recovery Board along with Memories Party Center will be hosting a Wooster and Orrville Chamber of Commerce After Hours get-together. More information will follow, but it promises to be a fun event!



www.whmhrb.org

MENTAL HEALTH
Matters!

Support the Wayne-Holmes Mental Health & Recovery Board

Binge Drinking

A rather newly identified phenomenon — binge drinking — is a pattern of excessive alcohol use in the United States. The National Institute of Alcohol Abuse and Alcoholism defines binge drinking as a pattern of drinking that brings a person's blood alcohol concentration (BAC) to 0.08 grams percent or above. This typically happens when men consume more than four drinks and women consume more than three drinks in about two hours.

Most people who binge drink are not alcohol dependent.



According to national surveys:

- Approximately 92% of US adults who drink excessively report binge drinking in the past 30 days.
- Although college students commonly binge drink, 70% of binge drinking episodes involve adults over age 25.
- The rate of binge drinking among men is three times the rate among women.
- Binge drinkers are 14 times more likely to report alcohol-impaired driving than nonbinge drinkers.
- About 90% of the alcohol consumed by youth under the age of 21 in the US is in the form of binge drinking.
- About 75% of the alcohol consumed by adults in the US is in the form of binge drinking.
- The proportion of current drinkers that binge is highest in the 18-20 year old groups.

Binge drinking is associated with many health problems, including, but not limited to:

- Unintentional injuries
- Intentional injuries
- Alcohol poisoning
- Sexually transmitted diseases
- Unintended pregnancy
- Children born with Fetal Alcohol Syndrome
- High blood pressure, stroke and other cardiovascular diseases.
- Liver disease
- Neurological damage
- Sexual dysfunction
- Poor control of diabetes

What can be done?

- Increased alcoholic beverage costs and excise taxes
- Restricting the number of locations that sell alcoholic beverages in a given area
- Consistent enforcement of laws against underage drinking and alcohol-impaired driving
- Campus-based strategies to reduce high risk drinking among college students
- Physician screening, counseling and/or referral for alcohol problems

Source: Center for Disease Control and Prevention/2007

www.whmhrb.org

MONTHLY SUPPORT MEETINGS

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

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

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.

NAMI BUSINESS MEETING —

Held the 3rd Monday of each month at 10:30 a.m.

at The Counseling Center in Wooster.

HOLMES COUNTY FAMILY SUPPORT GROUP—

Held the 3rd Monday of each month, 7-8:00 p.m.

at The Counseling Center in Millersburg.

WAYNE COUNTY FAMILY SUPPORT GROUP —

Held the 4th Thursday of each month, 7-9:00 p.m.

at The Counseling Center in Wooster.

If you are interested in attending any of these meetings, please call 330-262-0088 to confirm the time and date.

Upcoming Events

MHRB Board Meetings:

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

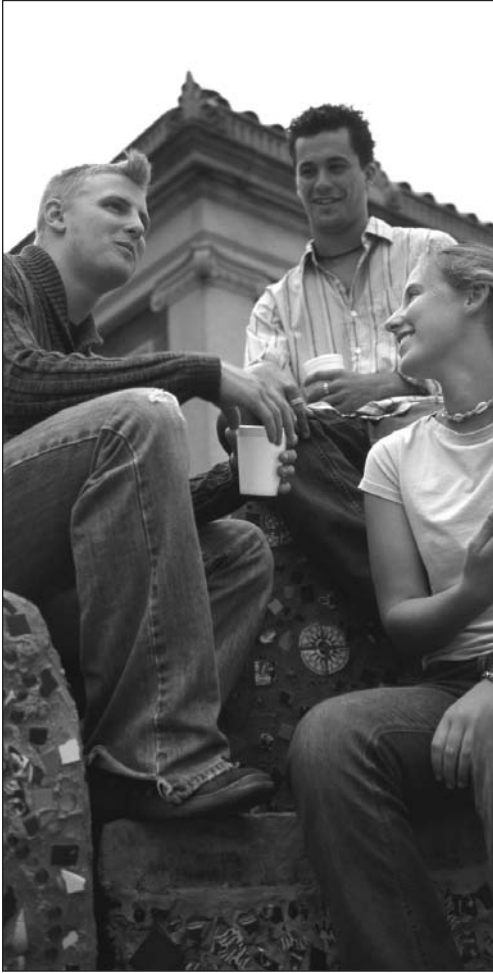
MHRB Program Committee:

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

MHRB Finance Committee:

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

STRAIGHT TALK ABOUT DEPRESSION AND SUICIDE



EDUCATION is the GOAL SUICIDE PREVENTION is a REALITY

In the realm of mental illness, stigma is perceived as an invisible, “negative” aura around someone that often guarantees that others will avoid them. Those affected by stigma may include the depressed person along with their family, friends, co-workers and neighbors.

Survivors of suicide are also often victims of stigma — people feel awkward and don’t know what to say to surviving family members. Stigma continues to keep suicide from the public eye. People are afraid of the word and can’t talk about the topic. Education can’t happen until the stigma is broken through and conversation happens.

The Wayne/Holmes Suicide Prevention Coalition continues to work to educate the public about the realities of suicide, not the myths. The Counseling Center, Your Human Resource Center, STEPS/Every Woman’s House, The Village Network, Christian Children’s Home, Outreach Living Services and Catholic Charities work every day by promoting programs such as S.O.S. (Signs of Suicide), the high school C.A.R.E. Team, bullying awareness programs, drug and alcohol prevention programs and educational programs on depression, addiction and other specific behavioral issues that can lead to death by suicide or a suicide attempt. The Counseling Center offers PALS, a support group for People Affected by a Loved One’s Suicide.

The Mental Health and Recovery Board, in conjunction with other organizations volunteering on the Suicide Prevention Coalition, believes that by educating the public about the realities of suicide, not the myths, we can bring this subject out in the open. By being willing to say the word “suicide” when and where appropriate without glorifying it, romanticizing it or exaggerating it, as is often done in the media or movies, we make it nonfictional. By connecting a name, a face, a family with the word, we share how personal it is and make it real. When something comes out of the darkness and is brought into the light, some of the mystery and fear about it disappear.

Here are some things you can do to help dissolve the stigma surrounding mental illness:

- ◆ Stay in touch with the person or family: call, send a card, stop by for a visit and tell others that you did.
- ◆ Offer to help, and indicate you are available to help or talk.
- ◆ Recommend medical or psychological treatment for the depressed.
- ◆ Make it obvious to people that it’s OK to talk about mental illness and that the mentally ill deserve compassion.
- ◆ Listen to people who have experienced mental illness.
- ◆ Talk about your own friends and family members who are mentally ill in a compassionate way — with their permission.
- ◆ See the mentally ill as human beings, not as labels.
- ◆ Contact TV programs and sponsors about offensive programs and commercials involving depictions of the mentally ill.
- ◆ Write letters to the editor.

CALL the Mental Health and Recovery Board TODAY at 330-264-2527 or 330-674-5772 if you would like to get involved in either a support group or the Suicide Prevention Coalition. We need survivors, family members, friends and individuals with a goal to eliminate stigma and willingness to work to educate people on depression and suicide prevention. Please feel free to pass this newsletter along to someone who might be interested!



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.

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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.*

CALLING ALL CREATIVE TYPES!

Entries for the 15th Annual Arts For Wellness Exhibit are due by May 9th at the MHRB Office. The exhibit opens at The Wayne Center for the Arts on May 16th and runs through June 26th. **Everyone can be an exhibitor – all types of art are welcome!**

Call Julie Bogner for more information at **330-264-2527** or **330-674-5772**.