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Executive Director

Kim Tapie
Associate Director

Robert Smedley
*Associate Director of
Alcohol/Drug Services*

Julia Bogner
Community Relations Specialist

Rose Love
Business Manager

Sue Zarlengo
Secretary

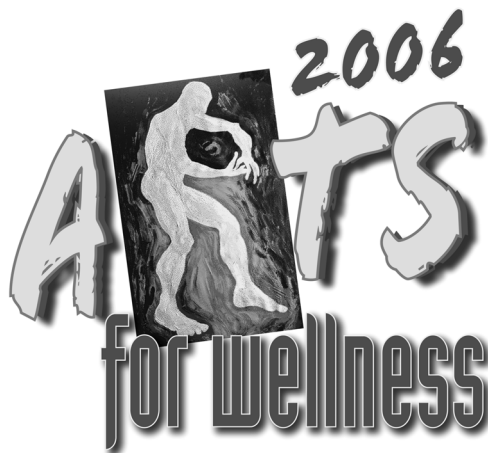
Need a speaker for your group?

Mental illness touches everyone. Schedule a speaker now for PTO's, clubs, church groups, company groups, and children's groups. Professional speakers can be obtained on a variety of topics including eating disorders, bullying, suicide prevention, alcohol related issues, and the network of care website.

Call Julie Bogner at 330-264-2527 or 330-674-5772.

May Is MENTAL HEALTH MONTH

Celebrate Mental Wellness and Recovery



You are invited to be a part of this year's Arts For Wellness Exhibit. This exhibit, brought to Wayne and Holmes counties by The Mental Health and Recovery Board and The Wayne Center for the Arts, was organized to celebrate the value of the arts in maintaining mental wellness and supporting recovery from mental illness and substance abuse. Artistic works created by all who support mental health and substance abuse treatment services will be showcased — last year there

were nearly 200 entries. A variety of mediums will be represented, including music and creative writing. The event is open to Businesses, Local Artists, Family Members, Friends and Treatment Professionals.

Enter something you have created or come for the opening reception and artists talks and entertainment on Friday, June 9. The festivities begin at 5:00 p.m. The exhibit will run through July 28. Entries are due Friday, June 2.

Please call Julie Bogner at 330-264-2527 if you or your company would like to request entry forms or participate in Arts For Wellness.

**2006
MENTAL HEALTH MONTH ACTIVITIES**

See inside for details.

"Juggling Life as a Buckeye"

"Paws for a Hug and Call Me in the Morning"

www.wayne-holmes.oh.networkofcare.org

"JUGGLING LIFE AS A BUCKEYE"



FOOTBALL TEAM

What stresses them out?

A Public Forum Featuring Players

**BEN KACSANDI, JOE GANTZ,
RYAN LUKENS, DAVE PATTERSON
& STAN JEFERSON, OSU Operations**

Friday, May 5, 7:30 p.m.

Student Activity Center, ATI-OSU Wooster Campus

Free Admission

— SPONSORED BY —

**The CARE TEAM ♦ The Suicide Prevention Coalition
Mental Health and Recovery Board of Wayne and Holmes Counties**

Events Worth Noting

- ◆ Thursday, May 4, 7:00 p.m. **Program Committee Meeting**, held at the Mental Health & Recovery Board Office.
- ◆ Friday, May 5, 8-10:00 a.m. **"Childhood Mental Health and Medication,"** presented by Dr. Rebecca Zarko, MD, Child Psychiatrist at The Counseling Center, a **training workshop** for nurses, social workers and counselors interested in looking at mental illnesses common in childhood and adolescence and learning the most current information on medications available. Held at The Counseling Center of Wayne and Holmes Counties, Benden Drive. Call MHRB at 330-264-2527 for more information.
- ◆ Tuesday, May 9, 7:00 - 9:00 p.m. **"Paws For A Hug and Call Me In The Morning" Panel Discussion** on the value of animals in the mental health and recovery world, held at First Presbyterian Church, 621 College Avenue, Wooster. **FREE and open to the public.**
- ◆ Thursday, May 11, 6:00 p.m. **Finance Committee Meeting**, held at the Mental Health & Recovery Board Office.
- ◆ Thursday, May 18, 7:00 p.m. **Board Meeting**, held at the Mental Health & Recovery Board Office.
- ◆ Friday and Saturday, May 19 and 20, 9:30 a.m. - 5:30 p.m. **WRAP Training** (Wellness Recovery Action Planning), a **workshop** for people with psychiatric symptoms and for those who care about them. Open to all — **FREE** — held at the Slater Building on Lincoln Way West. Led by members of the Advocates for Mental Health of Wayne and Holmes Counties group. Call 330-264-1590 for more information.
- ◆ Friday, June 9, 5:00 - 9:00 p.m. **Arts For Wellness Opening Reception, Artists Talks and Music**, held at Wayne Center for the Arts, 237 South Walnut Street, Wooster.

Did You Know?

- ◆ Mental illnesses are more common than cancer, diabetes, heart disease or arthritis. The National Institute of Mental Health estimates that one in four U.S. families will have a loved one with a mental illness.
- ◆ Mental illnesses are NOT the same as mental retardation, which involves deficits in learning capacity and intellectual functioning.
- ◆ Serious mental illnesses are brain diseases, biologically based, and are no one's fault.
- ◆ Violent behavior is not common in people suffering from mental illnesses. They are more frequently the victims of crime than its perpetrators.
- ◆ As with physical illnesses, there are many different kinds of mental illnesses, with many different causes.

MONTHLY SUPPORT MEETINGS

Advocates for Mental Health Meeting Schedule

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

2nd Wednesdays: Advocates Education, 7-9:00 p.m.

4th Wednesdays: Arts & Relaxation Fellowship, 7-9:00 p.m.

Every Thursday: 5:30 p.m. Holmes County DBSA/
Advocates Support Group, Goddard's Restaurant,
Millersburg

2nd Thursdays: Special Events as scheduled

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.

RECOVERY IS EVERYWHERE

OUR GOAL = DECREASED DISCRIMINATION *and* INCREASED COMMUNITY RECOGNITION THAT MENTAL ILLNESS AND SUBSTANCE ABUSE ARE DISEASES AND CAN BE SUCCESSFULLY TREATED.

- Have you seen examples of how discrimination (stigma) is portrayed in the media or where an advertiser is successful in overcoming stigma and presenting a healthy picture?
- Do you have a story to share about a family member or friend in Wayne or Holmes County who has had a recovery success? Would you consider sharing your personal experiences in dealing with mental illness and/or substance abuse with others in hopes of promoting wellness and hope?

We can help you tell your success story in a clear and meaningful way.

Give me a call!

Julie Bogner, Mental Health & Recovery Board
330-264-2527 or 330-674-5772
e-mail me at jbogner@whmhrb.org



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.*





215 South Walnut Street
Wooster, Ohio 44691

Return Service Requested

Nonprofit Org.
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Permit No. 136

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

1-800-337-6518

330-674-5772

Fax: 330-264-7879

“PAWS FOR A HUG AND CALL ME IN THE MORNING”

The Value of Animals in the Mental Health and Recovery World

Have you experienced the unconditional love of a cat or dog? Many people have. But the value of a pet extends well beyond moments like these. Your pet may actually help keep you healthy, physically and mentally.

Research has shown that:

- ◆ Having a pet can encourage owners to get more exercise and results in more weight loss than most nationally known diets.
- ◆ Interacting with and petting animals creates a hormonal response in humans that can help fight depression.
- ◆ People who own dogs were more likely to be alive one year after a heart attack than people who don't own dogs.
- ◆ People with pets had lower heart rates and blood pressure levels.

- ◆ Older adults who shared their lives with pets were less likely to experience depression, were better at living alone, and were more active than those without pets.
- ◆ Animals can be trained to bring patients medication, lead their handler to a safe place during a panic attack, and sense an approaching manic phase in bipolar disorder.

Come and hear panelists share their experiences.

Panelists include:

- ◆ Dr. Roger Redman, The Ark Veterinary Hospital
- ◆ Rev. Evelyn Manzella, Rector at St. James Episcopal Church
- ◆ Lisa Gates and Diane Hales, Paws To Pet Program
- ◆ Carla Plegge, Christian Children's Home, Director Equine Therapy
- ◆ Robin Lawson, Caring Therapy Canines

TUESDAY, MAY 9, 7:00 – 9:00 p.m.
First Presbyterian Church, College Avenue, Wooster

FREE — WIN A DOOR PRIZE