

Partners in Recovery



Mental Health & Recovery Board News for Clark, Greene and Madison Counties

Greene County Educational Service Center Receives Grant

24-Hour Crisis:

- **Clark County**
Mental Health Services
937-399-9500
- **Greene County**
TCN Behavioral Health
Services, Inc.
937-376-8701
- **Madison County**
Mental Health & Alcohol/
Drug Services
740-852-6256

"We will all benefit from the work of the Greene County ESC through the Safe Schools-Healthy Students grant."

*Kent Youngman
CEO, MHRB*

Yellow Springs—The Greene County Educational Service Center is one of three ESC's awarded and partnering with the Ohio Department of Mental Health & Addiction Services, on a four year, \$8.1 million grant. The Safe Schools-Healthy Students grant was awarded to the state by the Substance Abuse and Mental Health Services Administration and is designed to promote the healthy social and emotional development of young children.

"The first part of the grant involves an in-depth survey and needs assessment that involves input from local Greene County pediatricians,

parents, educators, and clergy to evaluate community readiness and resources," explains Dr. Tim Callahan, Director of Mental Health. "By doing so," continued Anya Senetra, Supervisor of the School-based Mental Health Program, "we'll be able to design model programming and interventions that target the specific needs of our youngest residents."



Core grant management representatives from juvenile court, children's services, early childhood education, local school districts, behavioral health, family & children first council, and Wright State University began meeting in December. A grant manager will be hired in the coming weeks.

Senetra concludes that it's exciting to have the time and funding to carefully evaluate, plan and implement programs and services with our communities that will positively impact climate, service integration, and new early childhood programs that support the safety and self-regulation of young children.

Moving Our Mission Forward—2013 Annual Report

Kent Youngman, CEO, MHRB

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It has been said that "the more things change the more they stay the same". I'm not sure I agree, but there is no doubt that we are in a time of constant change and evolution. Two thousand thirteen has been a year of significant change for mental health and addiction services in Ohio and more change is on the way.

At the state level, Medicaid expansion and department consolidation continue to impact the work of Boards.

Locally the MHRB and Partner Agencies passed a renewal levy in Greene County, assuring local funding for services for citizens with mental health and alcohol/drug problems. Support for the levy was strong and we are deeply grateful to Greene County voters for their enthusiastic backing.

Through the MHRB counties, coalitions engaged communities in the work of suicide prevention and mental health promotion as well as alcohol/

drug prevention. Other awareness activities focused on problem gambling.

The MHRB is very fortunate to have talented and committed Board members and staff, strong community support, and a tremendously dedicated group of local partner agencies working together to make our system successful.

Please look at page 3 for financial information and provider agencies.

MHRB Welcomes New Board Member Marilyn Demma

“We are to delighted to add Marilyn to the group of committed, experienced volunteers who fulfill the mission and vision of the Mental Health & Recovery Board,” said Dr. Kent Youngman, MHRB CEO.

Springfield—On Tuesday, February 18, Clark County Auditor John Federer administered the oath of office to Marilyn Demma of Springfield.

Marilyn is well known locally and statewide for her former role as Executive Director of the Clark County Family and Children First Council. She gave guidance and provided leadership to the organization for most of its history. Marilyn is particularly skilled in collaboration and problem resolution. She

is keenly aware of the issues facing Clark County families who need help with behavioral health issues.

Marilyn is appointed by the Ohio Department of Mental Health and Addiction Services (Ohio MHAS) to serve through June 30, 2017.

“We are to delighted to add Marilyn to the group of committed, experienced volunteers who fulfill the mission and vision of the Mental Health & Recovery Board,” said Dr. Kent Youngman, MHRB CEO.

The MHRB is composed of eighteen members, four from Clark County, four from Greene County, and two from Madison County.

For more information about the Mental Health & Recovery Board of Clark, Greene and Madison Counties visit:

www.mhrb.org

and follow us on

[www.facebook.com/
MentalHealthRecovery-
Board](https://www.facebook.com/MentalHealthRecoveryBoard)

MHRB Mini Grant Applications Available April 18

Springfield—The MHRB will post the application for SFY 2015 Mini Grants on April 18, 2014 on the MHRB website. Applications are county specific.

Mini Grants allow the MHRB to provide funding for projects that meet behavioral health needs, do not have a current payer source, and fulfill the requirements of the application.

Applications are due May 16, 2014. Awards will be announced at the MHRB meeting on Monday, June 16, 2014.



Back by Demand

SALTED CARAMEL MUG CAKE

Prep Time: 5 Minutes

- 4 tablespoons all purpose flour
- 4 tablespoons sugar
- 3 tablespoons unsweetened cocoa powder
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1 egg—beaten
- 3 tablespoons skim milk
- 1 tablespoon vegetable oil
- 2 salted caramels

Directions

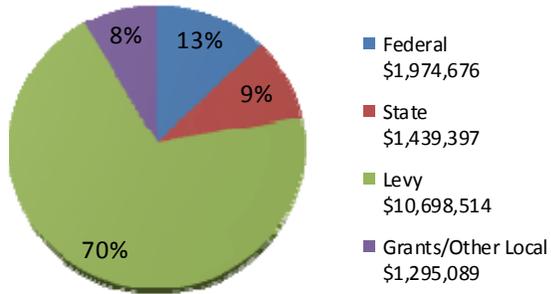
Mix flour, sugar, cocoa, baking powder, salt, milk, and vegetable oil in a small bowl. Pour mixture into a regular-sized coffee mug. Drop caramels into center of mixture one at a time. Microwave on high for one minute and 30 seconds. If gooey, microwave on high for up to an additional 30 seconds.

Once again, thanks to Holly Roberson from BHR, Mental Health Services for Clark County, for sharing this great recipe!

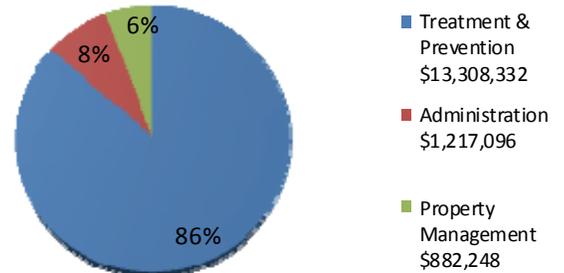
Send us your easy, healthy recipes!

SFY 2013 Annual Report MHRB of Clark, Greene and Madison Counties

TOTAL BOARD FUNDING



TOTAL BOARD EXPENSE



Funding Source

	Clark	Greene	Madison	Total
Federal	\$ 954,781	\$ 836,992	\$ 182,903	\$ 1,974,676
State	\$ 539,069	\$ 656,396	\$ 243,932	\$ 1,439,397
Levy	\$ 5,590,944	\$ 4,713,373	\$ 394,197	\$ 10,698,514
Grants/Other Local	\$ 830,123	\$ 459,545	\$ 5,421	\$ 1,295,089
Total	\$ 7,914,917	\$ 6,666,306	\$ 826,453	\$ 15,407,676

Expense

	Clark	Greene	Madison	Total
Treatment & Prevention	\$ 6,830,132	\$ 5,715,647	\$ 762,553	\$ 13,308,332
Administration	\$ 672,202	\$ 480,994	\$ 63,900	\$ 1,217,096
Property Management	\$ 412,583	\$ 469,665		\$ 882,248
Total	\$ 7,914,917	\$ 6,666,306	\$ 826,453	\$ 15,407,676

Partner Agencies

CLARK COUNTY

Educational Service Center
 United Senior Services
 Family & Children First Council
 Matt Talbot House
 McKinley Hall
 Mental Health Services for Clark and
 Madison Counties
 NAMI of Clark and Greene Counties
 Oesterlen Services for Youth
 Project Woman
 Rocking Horse Center
 Springfield Metropolitan Housing
 Authority
 WellSpring

GREENE COUNTY

Family Violence Prevention Center
 Educational Service Center
 Family & Children First Council
 Juvenile Court
 Greene Leaf Therapeutic Community
 Housing Solutions
 NAMI of Clark and Greene Counties
 TCN Behavioral Health Services
 Women's Recovery Center

MADISON COUNTY

Family Council
 Mental Health Services for Clark
 and Madison Counties



Mental Health & Recovery Board
of Clark, Greene & Madison Counties

1055 East High Street
Springfield, OH 45505

Phone: 800-435-7968
937-322-0648
Fax: 937-322-7631

Help for Today. Hope for Tomorrow.

The Mental Health & Recovery Board of Clark, Greene, and Madison Counties supports a system for delivering effective mental health, alcohol and other drug treatment, prevention, education, and advocacy services for its residents.

Kent's Question & Answer

Q What are the *winter blues*?

A "Winter blues" sometimes find us this time of year. Just about the time we re-adjust from the interrupted routines of the holiday season, the snow starts to fall and creates significant pressure and stress. We may experience anxiety, anger, irritability and may feel hopeless and even worthless. Those are some of the signs of *winter blues*.

Q What can I do for the *winter blues*?

A There are a number of things we can do. Exercise: Taking a walk several times a week is one of the best ways to deal with winter

blues. Malls are usually open for walkers during the winter months. Getting out allows us to connect with people which usually helps us feel better about ourselves. Eat healthy foods. Going to the grocery for a few days of healthy food is much better than drive-thru fast food. Get plenty of rest. Give your body the rest it needs to recharge for the next day.

Q If I feel the *winter blues*, am I depressed?

A Not necessarily. Depression is different from temporary blues in that it lasts longer and doesn't let up from day to day. We know that depression is a physical illness rooted in brain

chemistry and genetics. Treatment for depression is highly effective, affordable and may be short-term.

Q Where can I find more information?

A The MHRB website has several publications that address *winter blues*. You can take a look at these at

www.mhrb.org/suicide-prevention.aspx

If you are concerned about depression, make an appointment with your family physician or ask your insurance provider if they can recommend someone.

From *A Guide to Fighting The Winter Blues*

Dr. Kent Youngman
is CEO of the MHRB.



Treatment for depression is highly effective, affordable, and may be short-term.