

# Partners in Recovery

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August 2016

Mental Health & Recovery Board News for Clark, Greene and Madison Counties ■ *Help for Today. Hope for Tomorrow.*

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**Be Sure to Read  
About Training  
Opportunities  
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Calling All...**



## 24-HOUR CRISIS HOTLINES

**CLARK COUNTY**  
Mental Health Services  
**(937) 399-9500**

**GREENE COUNTY**  
TCN Behavioral Health  
Services, Inc.  
**(937) 376-8701**

**MADISON COUNTY**  
Mental Health Services  
for Madison County  
**(740) 852-6256**

## MHRB Recognizes Exceptional People

### Springfield

About 90 attendees helped recognize exceptional people from Clark, Greene and Madison Counties at the annual Mental Health & Recovery Board (MHRB) ceremony held on the campus of Clark State Community College, June 20, 2016. CEO Dr. Greta Mayer opened the ceremony by introducing the star theme for this year's event. "Stars have provided civilizations with a way to navigate and orient themselves," she said. "They symbolize the hope and help provided by leaders in our system of care, recognized tonight for their work with people who have mental illness and addiction." Eight awardees were selected from the nominations given to MHRB by contract agencies.

### Regional Awards

In presenting the **Person of the Year Award** to **George Dustin Combs**, local National Alliance on Mental Illness (NAMI) Executive Director Angela Dugger said, "Dustin works tirelessly and selflessly to aid in the recovery journey of everyone he meets." Dustin shared passionately about how working at NAMI has given him a meaningful role. **Avtar and Sara Singh**, owners of the Executive Inn in Springfield, were presented the **Delvin M. Harshaw Advocate of the Year Award** by Lynn Coressel of Mental Health Services. Coressel remarked that "the couple treat everyone like family by being kind, honest, caring, non-judgmental and community-minded." Singh thanked Mental Health Services and MHRB for this honor to the cheers of family and friends.

**Mike Calabrese** accepted a new **Youth Leader Award** on behalf of youth from **OIC's YouthBuild Program**. This program empowers youth to be leaders by connecting them to positive adults and by learning specialized skills. Mayer noted the importance of this collaborative housing project between the MHRB, OIC, the City of Springfield and Mental Health Services to benefit individuals with mental illness.

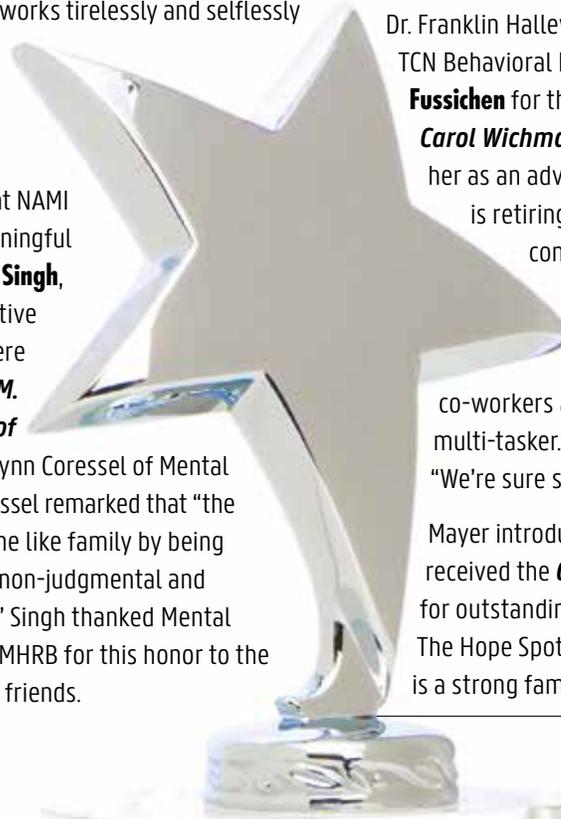
### Madison County Award

Diana Padrutt of Mental Health Services introduced **Kathy Brinkman** as "a strong advocate, team player...who brings energy to her work each day." Recipient of the **Jonathan "Charlie" Adler Award**, Kathy is a Certified Peer Recovery Supporter who creates fun, sober social experiences for her clients. She glowed when speaking about her job and its impact on the quality of her own life.

### Greene County Awards

Dr. Franklin Halley, Medical Director of TCN Behavioral Health presented **Bobbie Fussichen** for the second time with the **Carol Wichman Award**. Halley described her as an advanced practice nurse who is retiring after almost 29 years. He continued that Fussichen is "TCN's longest-serving employee, who works well with clients and co-workers and is a consummate multi-tasker." Halley concluded by saying, "We're sure she will be missed at TCN."

Mayer introduced **Amy L. Pulver**, who received the **Charles Christopher Award** for outstanding work as Vice President of The Hope Spot in Xenia. Mayer said, "Amy is a strong family advocate, helped develop



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## MHRB Recognizes Exceptional People



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the Bylaws, and crafts positive recovery messages through social media.” Amy talked about losing her husband to the disease of addiction, which ignited the passion for her work.

### Clark County Awards

**The Max Graves Award** for Mental Health Employee of the Year was given to **Jessica Horton**. She started with Mental Health Services as a Mental Health Tech on the inpatient unit and is now licensed in facility /subsidized housing. Lynn Coressel said, “She is a problem solver, highly organized and has a positive attitude.” Coressel continued, “She’s easy to recognize for the big smile that’s always on her face.”

Wendy Doolittle, CEO of McKinley Hall said, “Many people may not know **Carol Groeber** because she is busy behind the scenes managing finance, IT and the Human Resources departments at McKinley Hall. She received this year’s **Richard Wehler, Alcohol and Drug Services Award**. Doolittle said, “Carol is a strong silent leader who exemplifies hard work and dedication. She is a team player and highly respected by anyone that knows her.”

Lauren Ross, Board Chairperson, closed the event by presenting a gift and thanking **Renée Lammers** for her years of service to Greene County Family and Children First. Ross said that “Lammers has been an advocate for family and child-centered care and a champion for suicide prevention.” She will be missed following her June retirement.

The MHRB contracts with 20 agencies across Clark, Greene and Madison Counties who provide alcohol/drug and mental health prevention, treatment, and supportive services. This annual event has become one opportunity for MHRB, partner agencies and stakeholders to recognize those who are dedicated to building resilience and helping people recover. Staff also recognized the volunteer service and leadership of current Board members. Live music by Jerry Newport and Jeff Dunmire created a festive atmosphere.

(Hors d'oeuvre provided by Current Cuisine in Yellow Springs and awards by Starr Trophy in London.)

## Peer Recovery Supporters— Making a Difference in the Lives of Those in Recovery

Recognizing Exceptional People awardees **George Dustin Combs** and **Kathy Brinkman** are just two of many dedicated Peer Recovery Supporters across the MHRB region. Upon receiving their awards, both referred to how by helping others, their own quality of life has improved. “Peer Recovery Supporters are a passionate, dedicated bunch who engage individuals and allies and support them in their respective recovery journeys,” Tracey Stute, Director of Programs and Communications added. “The definition of recovery is the personal process of change in which Ohio residents strive to improve their health and wellness, resiliency, and reach their full potential through self-directed actions.” Peer Recovery Supporters can be found in Centers like Many Pathways (Springfield), the Hope Spot (Xenia), London Recovery Project; in the NAMI operated drop-in centers; and agencies such as McKinley Hall and Mental Health Services of Madison County.

Regular supervision is an essential component to incorporate with Peer Recovery Supporters in any organization. To assign a supervisor, consider supervisor candidates who exhibit the following: an understanding of and belief in recovery; belief that sharing lived experience is helpful; availability for regular supervision; and supervision of no more than five Certified Peer Recovery Supporters.

To become certified, eligible individuals should have direct, lived experience and be in recovery from a mental health and/or substance use disorder. Candidates must apply, take in-depth online and face-to-face training, and pass an exam. For more information visit <http://mha.ohio.gov> or contact [tracey@mhrb.org](mailto:tracey@mhrb.org).



Pictured, left to right: Dr. Greta Mayer, CEO (MHRB); Dustin Combs, Person of the Year Award (NAMI); and Kathy Brinkman, Jon “Charlie” Alder Award (MHS Madison)

## Exceptional People Award Winners



2016 Winners in addition to Dustin Combs and Kathy Brinkman, pictured in the above article.



Jessica Horton,  
The Max Graves Award



Bobbie Fussichen,  
Carol Wichman Award



Avtar and Sarah Singh,  
Delvin M. Harshaw  
Advocate of the Year Award

# MHRB Training & Events



## Calling All...

### ...Clinicians!

**Dr. Ellen Anderson** returns on **Friday, August 26th** to present *The Last Taboo: Clinical Risk Assessment and Management with Suicidal Clients*, from 8:30am-3:30pm at the Greene County ESC, 360 East Enon Road in Yellow Springs. This **FREE** workshop has been approved for 6 CEUs from the CSWMFT Board. RSVPs are required by August 19th to guarantee your lunch order. Please register with Adriane Miller at [adriane@MHRB.org](mailto:adriane@MHRB.org).

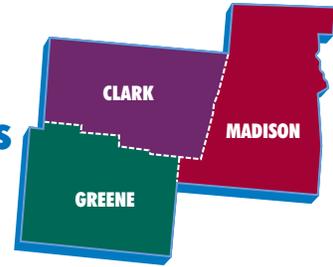
### ...Law Enforcement Officers!

**Crisis Intervention Training (CIT)** is scheduled for **September 12-16th, 2016** at Greene County ESC in Yellow Springs, OH. This annual training consists of 40 hours of specialized training for law enforcement given by local experts to learn how to respond to calls and situations concerning persons with mental illness in crisis. CIT transforms how communities respond to psychiatric crises. CIT sets the stage for ongoing collaboration that ensures a safe, more dynamic response and greater chance of diversion from the criminal justice system. Last year, 40 participants from across the Board region completed the training and became certified. Please register 2016 CIT recruits by contacting [tracey@mhrb.org](mailto:tracey@mhrb.org) by Friday, August 12th.

### ...Trainers!

Save-the-Date for **QPR Suicide Prevention**. Question Persuade Refer Gatekeeper Trainer Certification Course is being held on **October 21, 2016** at the Greene ESC in Yellow Springs. This three-year certification teaches an evidence-based suicide prevention strategy which prepares participants with everything needed to lead a QPR workshop. QPR is an excellent way for individuals and organizations to help empower their communities to effectively intervene on behalf of people who may be suicidal or in crisis. Interested trainers from faith groups, business, human services, education, as well as those who are survivors, peer supporters, and first responders are encouraged to attend. Registration information will be released soon.

## MHRB Highlights by Each County



### **CLARK COUNTY: SPRINGFIELD**

An eight-hour Adult Mental Health First Aid course was co-sponsored by the Clark County Combined Health District and facilitated by Tracey Stute and Jen Cox on April 12, 2016.

**Thirty-eight** Mental Health First Aiders from across the region became certified to help identify, understand, and respond to a mental health crisis. This is an interactive program providing an overview of mental illness and substance use disorders, introducing common risk factors and warning signs, building skills in how to intervene, and linking to common treatments and resources.

### **MADISON COUNTY: LONDON**

Three sessions of *Building Youth-Led Prevention* by Dr. Jessica Colleura and expert Jim Ryan were held at the Madison County Emergency Management Agency on April 19, May 10 and June 8, 2016. Participants, (including one youth) were provided an overview of Youth-Led Prevention, given tools to assess readiness to implement Youth-Led programming, and guided through the process of creating an action plan.

### **GREENE COUNTY: YELLOW SPRINGS**

About **45** survivors of suicide loss, including family members and clinicians, attended Dr. Ellen Anderson's powerful presentation on June 17, 2016. This training provided key information to attendees from across the region about how to move through the complicated grief and aftermath of a suicidal death. One participant shared that Dr. Anderson provided, "A great call to action for those in the field."



**Carol Groeber,**  
*Richard Wehler Alcohol and Drug Services Award*



**Mike Calabrese,**  
*Youth Leader Award on behalf of OIC's YouthBuild Program*

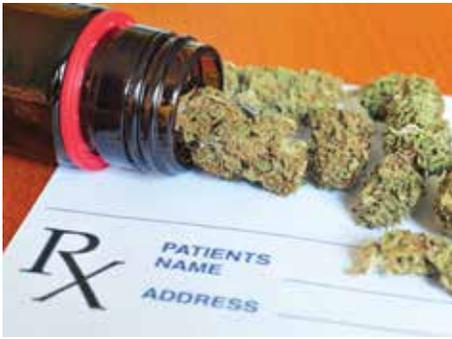


**Renée Lammers (right)**  
*Retiring from Greene County Family and Children First (pictured with Greta Mayer)*



**Amy Pulver,**  
*Charles Christopher Award*

## Greta's Question & Answer



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### What's All the Buzz About "Medical" Marijuana?

House Bill 523, the bill that legalizes medical marijuana in Ohio, passed **with little scientific evidence of benefits and mounting evidence to the societal costs and public health risks**. There are many policy and possible impacts for youth and public safety from marijuana edibles, impaired driving and DUIs, and high-potency marijuana which can lead to risk of injury and death.

**Q: When does the Bill become law and when can people start using marijuana as medicine?**

**A:** The bill will become law 90 days after the Governor signs it and will allow people to use medical marijuana bought in other states. The marijuana program will be fully operational two years after the bill's effective date.

**Q: How can a person get marijuana for medical purposes?**

**A:** A certified physician will be able to recommend marijuana for conditions such as AIDS, ALS, Alzheimer's, cancer, chronic traumatic encephalopathy, Crohn's, epilepsy/seizure disorder, fibromyalgia, glaucoma, hepatitis C, IBD, MS, chronic/severe/intractable pain, Parkinson's, HIV+, PTSD, sickle cell anemia, spinal cord disease/injury, Tourette's, TBI, and ulcerative colitis.

**Q: How much marijuana can a person have?**

**A:** A person can have a 90-day supply with the amount determined by a physician.

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 for its residents.



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

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[www.facebook.com/mentalhealthrecoveryboard](https://www.facebook.com/mentalhealthrecoveryboard)

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**Q: What are the THC levels that a person can obtain?**

**A:** Marijuana will have a maximum 35% THC content for "plant matter" and extracts can have up to 70%.

More to come...marijuana and the workplace in future editions of *Partners in Recovery*.

**References:**

Drug Free Action Alliance, Working Partners

**For more information, visit:**

**DFAA**  
Drug Free Action Alliance  
[www.drugfreeactionalliance.org](http://www.drugfreeactionalliance.org)

  
WORKING PARTNERS®  
[www.workingpartners.com](http://www.workingpartners.com)

In the Next Issue of  
*Partners In Recovery...*

### Exploring the Issues of Medical Marijuana in the Workplace

