

# Partners in Recovery



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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 the Recovery Tips on Page 3:

**10 Tips for Recovering from Addiction**



### 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 ANNOUNCES NEW CEO

The Mental Health & Recovery Board of Clark, Greene and Madison Counties (MHRB) welcomes **Dr. Greta Mayer** as the new CEO, effective January 1, 2016. Greta joined the program staff



**Dr. Greta Mayer is the new CEO of MHRB**

of MHRB in 2007 as an Assistant Director. In 2013, she was promoted to Director of Prevention and Community Engagement. Greta worked in a clinical capacity with youth and families for eight years at the Greene County Educational Service Center prior to joining

the Board staff. Greta is a graduate of Wittenberg University, University of Dayton, and the University of Cincinnati.

Among her outstanding accomplishments is her leadership of three depression and suicide prevention coalitions. The coalitions became the focus of local efforts to collect and disperse data and provide information, awareness and education about depression and suicide in the three county area. Significant strides have been made in

recognizing the need for the treatment of depression as well as the need to care for those who are survivors of suicide.

Greta has also been the driving force behind the introduction, implementation and expansion of the evidence-based PAX Good Behavior Game™ (GBG) throughout Clark, Greene and Madison Counties. GBG promises lasting gains in the improvement of the mental, emotional and behavioral health of children and communities who embrace it.

As she looks ahead to her tenure as MHRB CEO, Greta says, "I feel honored to work with an excellent, dedicated Board, a highly skilled staff, and solid partner agencies. I look forward to expanding upon the successes gained during Dr. Kent Youngman's leadership and preserving the strong community support for our behavioral health system."

"Improving our ability to engage clients and their families before, during, and after treatment is critical. Strengthening our community partnerships and promoting preventive strategies are also needed to keep our communities healthy and safe."

Welcome, Greta!

## Madison County Passes Mental Health Levy

Voters in Madison County gave solid support for the mental health levy in the November 2015 General Election. Passage of the 0.5 mill renewal levy means current behavioral health services will continue in Madison County. Since the previous mental health levy was passed in 2009, Madison County has strengthened its prevention services through Youth-Led Prevention activities and the PAX Good Behavior Game.™ Treatment services now include Medication Assisted Treatment.

All human/social services levies passed, signaling strong support for the services and concern for meeting the needs of the community. Along with mental health, the Health District, Developmental Disabilities and the Senior Center were on the November ballot.

A big shout out to all those who worked to pass the levy!



# New MHRB Director of Prevention and Community Engagement

**Tammy Collins**, PhD, OCPSII, has joined the MHRB staff as the Director of Prevention and Community Engagement. Tammy will work with prevention providers, coalitions and the larger community to ensure that the citizens of Clark, Greene and Madison Counties are benefiting from the most effective prevention services.

Collins brings more than 20 years of experience in administration, research and evaluation in the fields of substance abuse, mental health, justice and education to her new role as Director of Prevention & Community Engagement at the Mental Health and Recovery Board of Clark, Greene & Madison Counties.

She earned a doctorate of philosophy in human development and family science with a cognate area of adolescent behavioral health risk and protective factors from The Ohio State University and holds a Master of Arts in counseling and Bachelor of Arts in journalism/public relations, both from Marshall University. Collins previously served as a deputy director at the Ohio Department of Mental Health & Addiction Services and chief of prevention at Ohio Department of Alcohol and Drug Addiction Services. She has held a variety of administrative and research positions with the Supreme Court of Appeals of West Virginia; The Ohio State University Center for Learning Excellence; the West Virginia Prevention Resource Center; and the State of West Virginia's Division of Criminal Justice Services.



**Tammy Collins is the new MHRB Director of Prevention and Community Engagement**

## Other MHRB Staff Changes

**Kevin Taylor** is reducing his hours and focusing primarily on the Data Center and the information technology needs of MHRB.

**Mark Huff** has been promoted to Director of Finance.

**Donna Hart** has been promoted to Assistant Director of Finance.

With **Roselin Runnels** retirement on March 1, **Tracey Stute** will be promoted to Director of Programs and Communications.

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## The Value Of Early Intervention

Treatment professionals share the consensus that intervening early is the best practice. This is true in medicine, human development, behavioral health and other fields. Below are some comments from local peer support specialists and those who have been trained in Mental Health First Aid.

### From a person in long term recovery from addiction and depression:

*"I wish someone had recognized my problems and stepped in to help earlier. I started drinking with my friends when I was 14. I was in my 30's before someone explained to me that alcohol has a sedative effect and drinking made*

*my feelings of despair and hopelessness worse. I wish I had known that earlier."*

### From a person in long term recovery from addiction:

*"I was in and out of trouble as a kid. I was drinking and smoking weed and trying a few other things and so I did a lot of stupid stuff. Nobody told me as a kid that I might have a lifelong, chronic disease. On top of that nobody helped my parents understand what was going on. There was a lot of yelling and punishment and not much help. Things might have turned out differently if somebody had just stepped in early to help."*

Both of these individuals are testimony to the value of early intervention. Please use the 24-Hour Crisis Hotline phone numbers on the front of the newsletter to contact agencies in Clark, Greene and Madison Counties who can help early!



## PREVENTION TIPS

### Reading activates an important part of your child's brain.

You have the power to boost your children's learning potential simply by making books an integral part of their lives. A study conducted by Cincinnati Children's Hospital Medical Center in 2015 found that reading to children as young as three to five years old supports language and reading development necessary for later academic success and social skills.

### If you have a child in your life, take at least 10 minutes of your day to read together!

The link between growing up with books and later language development and school success, is so strong that the American Academy of Pediatrics issued a policy statement in 2014 saying that all pediatricians taking care of infants and toddlers should routinely be advising parents about how important it is to read to even very young children.

### 10 tips to help raise a reader:

1. Add a little playacting.
2. Encourage interaction.
3. Talk about books.
4. Introduce books in new scenarios.
5. Consider joining a book club for children.
6. Explore reading resources for children.
7. Encourage reading outside of books.
8. Introduce your own childhood favorites.
9. Volunteer your reading services.
10. Take field trips to the library.

For more specifics on these tips see:

<https://www.earlymoments.com/Promoting-Literacy-and-a-Love-of-Reading/>

## FOCUS ON RECOVERY



## 10 TIPS FOR RECOVERING FROM ADDICTION

Anyone who is in recovery or seeking help for the first time should understand that alcohol and drug addiction is a disease, not a moral failing or a weakness of willpower or a lack in ability to just say 'no.'

Addiction cannot be cured, but it can be managed. Getting help from a professional that approaches addiction as a disease is the first step to a successful recovery. By following the recommendations of experienced professionals with access to the latest advances in therapy and medicine, individuals will have the best chance at recovery and a bright and happy future.

### Here are 10 key tips for making a successful recovery:

- 1. Make your recovery a priority** – put yourself first and stay in touch with trained professionals who know you and can provide you with comprehensive treatment options and sound advice throughout your recovery.
- 2. Take it one day at a time** – recovery is a process, not a destination. Do not let thoughts of use or old habits get the best of you. Learn techniques to overcome any negative thoughts and feelings.
- 3. Communicate** – addiction can be very isolating so talk to your friends and family about your challenges. While it may be tough, the support system you create will give you an enormous boost. They will be there when you need them and will help you stay motivated and focused.
- 4. Change your environment** – one of the best ways to maintain a healthy recovery is to replace your bad habits with healthy, new ones. Surround yourself with positive people, things and experiences. Search out cultural events and activities in your area that can stimulate your body and mind in a new, exciting—and healthy way.

**5. Change your friends** – some of your friends may have been enabling your addiction instead of helping you control it. If you have friends that may jeopardize your recovery, it is time to find a new circle of friends. The right friends will help you to maintain a healthy recovery.

**6. Get out and exercise** – spending 30 to 60 minutes walking or at the gym just a few days a week will do wonders for you. Exercise will not only boost your physical strength, it will boost your mental health as well.

**7. Improve your diet** – in addition to exercise, eating right is another key ingredient to a successful recovery. Whether you get help or do it on your own, improvements in diet will make you healthier mentally and physically.

**8. Join a support group** – whether you join a church-based group, AA or other social support network, they can provide wonderful value, help and wisdom to your recovery efforts.

**9. Work or donate some of your time** – being productive at your job or giving back to a cause you believe in it will do wonders for your self-esteem. Making a positive contribution at work or for others will give you a wonderful sense of accomplishment and pride.

**10. Never give up** – whatever you do, regardless of the challenges or obstacles you face, do not give up or give in to the disease. Rely on your family, friends and support tools to keep going in the face of temptations and difficult days.

Source: <http://channel.nationalgeographic.com/drugged/articles/tips-and-reminders-for-a-successful-recovery/>

## Greta's Question & Answer

### Understanding ROSC

(Recovery Oriented Systems of Care)

**Q: How does ROSC help COMMUNITIES?**

**A:** ROSC helps every sector of the community (human services, education, business, justice, higher education, etc.) gain the perspective that mental illness and substance use disorders are chronic illnesses like other chronic illness such as diabetes, and therefore can be successfully treated. ROSC promotes healthy, safe, and drug-free communities.

**Q: How does ROSC help FAMILIES?**

**A:** ROSC is a way of thinking about service delivery for those with mental illness and/or addiction disorders that focuses on the strengths and needs of clients and family members.

**Q: How does ROSC help INDIVIDUALS?**

**A:** When everyone in the community understands that *Treatment Works!* new doors open to sources and methods of support for individuals to recover. ROSC ensures timely access to care.

**Q: Where can I learn more about ROSC?**

**A:** For more information on ROSC see the Ohio Association of County Behavioral Health Authorities website at:

[http://www.oacbha.org/recovery-oriented\\_systems\\_of\\_c.php](http://www.oacbha.org/recovery-oriented_systems_of_c.php)

**Q: HOW can I support ROSC?**

**A:** Your voice matters! You can help make our service systems better by providing feedback on areas of strength and areas for improvement. Just complete the online ROSC assessment survey from any computer or smart device. It takes an average of 10 to 20 minutes to complete.

Thanks for your feedback! Here is the link for the online survey:

<http://goo.gl/forms/duaUQxWgwm>

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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## MHRB Agency and Community Partner Updates

### LONDON RECOVERY PROJECT

#### London Recovery Project New Phone Number and Hours

The London Recovery Project has a new phone number:

**614-779-3714**

The London Recovery Project is now open regular hours at their 60 South Walnut, London, Ohio location:

Monday..... 1 – 4 p.m.  
Wednesday..... 1 – 4 p.m.  
Friday..... 1 – 4 p.m.

The London Recovery Project is a safe, sober place for finding fellowship and sober living activities.



#### Madison County Substance Abuse Coalition (MCSAC) Meeting Information

Regular meetings of the Madison County Substance Abuse Coalition are held on the fourth Thursday of each month at 3 p.m. at the Madison County Emergency Management Agency in London.

#### For Anonymous Depression Screening, Use Your Smartphone's QR App\* to Scan the QR Code:



\*QR code readers are available as free downloads from Google, Apple and other smartphone app store websites.