

Mental Health & Recovery Board of Ashland County



1605 County Road 1095 Ashland, Ohio 44805
419-281-3139 www.ashlandmhrb.org

... Offering Rays of Hope

NOVEMBER 2012

The Principles of Recovery Are the Foundation for Mental Health Programs

Steve Stone

Executive Director

Formally introduced in the early 1990's, the concept of recovery as a framework for mental health programs was rejuvenated in 2003 when the New Freedom Commission, appointed by President Bush, issued the report titled Achieving the Promise: Transforming Mental Health Care in America. As we entered the 21st century, the report promised the possibility of significant reforms of mental health policies and practices aimed at improving the lives of people with serious mental illness. It did not suggest simple and targeted reforms, but rather called for system wide and top to bottom transformation of the way community mental services are conceived and delivered. The concept of recovery is offered as an optimistic alternative to a medical model of mental illness. The medical model often utilizes a case-management approach to treatment that relies heavily, sometimes exclusively, on medication. It views mental illness as a brain-based, chronic, organic illness that requires medical intervention as the primary intervention. The medical model focuses on identifying and managing symptoms. This model often advocates for life-long use of medication and is complimented by case-managers who ensure that patients remain compliant with their treatment. The medical

model is the dominant approach to mental health care and it consumes the majority of resources. In contrast to the medical model, the recovery model of mental health care is reluctant to assign specific causes to mental illness and views mental illness as resulting from a complex combination of factors. The factors that contribute to mental illness vary considerably from person to person, and are often related to severe stress and adverse experiences. A wide range of treatment and support programs are necessary in order to respond to the unique needs of each individual. These programs include counseling, peer support, educational and vocational supports and other psychosocial and narrative approaches that seek to promote the greatest degree of recovery and the highest quality of life possible.

A recovery focused approach looks beyond symptoms and views people holistically and in the context of their life and experiences. What the medical model describes as symptomatic or deviant behavior, the recovery model views as coping mechanisms. An important aspect of recovery is replacing poor or unhealthy coping mechanisms with healthier and more effective ones. As such, the recovery model is a strengths based approach as opposed to illness-based as in the medical

In this issue...

Annual Report	3
Board Retreat	5
Upcoming Events	5
Holiday News & Events ...	6
Ambling Round Lifeworx .	7
Cooking with FCFC	8

Board Members

Tom Gaus
Chair

Jenny Whitmore
Vice Chair

Kim Harrison
Secretary

Nancy Udolph
Planning Committee chair

Pam Mowry
Finance Committee Chair

Jenny Whitmore
AOD Committee Chair

Sylvia Adrian
Eva Beard

Ryan Emmons
Ginny Telego

Lee Bright
Mary Jones

Mike White
Rebecca Owens

Shari Shafer
Diana Spore

Gail Sweet
Barbara Workman

Cont'd on pg. 2

model.

While medication may play a part in recovery for some people (mostly on a short-term basis), it is not seen as an essential component of long-term recovery for many people. It is important to establish hope and to make people aware that many who experience even severe mental illness or addiction can recover and move beyond disability.

In 2006, the Mental Health and Recovery Board formally adopted the Consensus Statement on Mental Health Recovery that was issued by the federal government's Substance Abuse and Mental Health Services Administration. The consensus statement embraced 10 principles of recovery:

These components are viewed by the Mental Health and Recovery Board as essential principles for community mental health and addiction programs. They are the standard by which mental

health and addiction services will be measured and they will be reflected in the programs prioritized and funded by the board. In addition to the principles of recovery, the board has adopted the principles of trauma-informed care and medication optimization as complimentary to recovery principles. The next two issues of the newsletter will describe the principles of trauma-informed care and medication optimization respectively. Together, the principles of recovery, trauma-informed care and medication optimization form the Three Legs of the Stool that provide the framework for mental health and addiction programs in our community.

The 10 Fundamental Components of Recovery as described in the SAMHSA Consensus Statement on Mental Health Recovery include:

- **Self-Direction:** Consumers determine their own path of recovery with their autonomy, independence, and control of resources.
- **Individualized and Person-Centered:** There are multiple pathways to recovery based on an individual's unique strengths and resiliencies as well as his or her needs, preferences, ex-

periences (including past trauma), and cultural background.

- **Empowerment:** Consumers have the authority to participate in all decisions that will affect their lives, and are educated and supported in this process.

- **Holistic:** Recovery encompasses an individual's whole life, including mind, body, spirit, and community. Recovery embraces all aspects of life, including housing, employment, education, mental health and healthcare treatment and family supports as determined by the person.

- **Non-Linear:** Recovery is not a step-by-step process but one based on continual growth, occasional setbacks, and learning from experience

- **Strengths-Based:** Recovery focuses on valuing and building on the multiple capacities, resiliencies, talents, coping abilities, and inherent worth of

individuals. The process of recovery moves forward through interaction with others in supportive, trust-based relationships.

- **Peer Support:** Mutual support plays an invaluable role in recovery. Consumers encourage and engage other consumers in recovery and provide each other with a sense of belonging.

- **Respect:** Eliminating discrimination and stigma are crucial in achieving recovery. Consumers encourage and engage others in recovery and provide each other with a sense of belonging.

- **Responsibility:** Consumers have a personal responsibility for their own self-care and journeys of recovery. Taking steps towards their goals may require great courage. Consumers identify coping strategies and healing processes to promote their own wellness.

- **Hope:** Recovery provides the essential and motivating message of a better future—that people can and do overcome the barriers and obstacles that confront them. Hope is internalized; but can be fostered by peers, families, friends, providers, and others. Hope is the catalyst of the recovery process.

**To View the Full Consensus Statement
visit www.samsha.gov**

**Also visit the Mental Health and
Recovery Board's website
www.ashlandmhrb.org
for more resources on recovery.**

Annual Report

Mental Health and Recovery Board of Ashland County

This section of the newsletter includes the fiscal segment of the FY2012 annual report. The full Annual Report is available at <http://www.ashlandmhrb.org/additional-resources/> or by calling 419.281.3139

FY2012 Receipts

Ohio Department of Mental Health(ODMH)

State Mental Health Funds	\$3,052,876
State Title XX	\$37,209
State Hospital Inpatient Dollars	\$278,674
Federal Mental Health Funds	\$30,801
Federal Medicaid Receipts	\$82,670
Total ODMH	\$3,482,229

Ohio Department of Alcohol & Drug Addiction Services(ODADAS)

State Alcohol and Drug Funds	\$187,893
Federal Alcohol and Drug Funds	\$130,478
Federal Medicaid Receipts	\$150,629
Total ODADAS	\$468,999

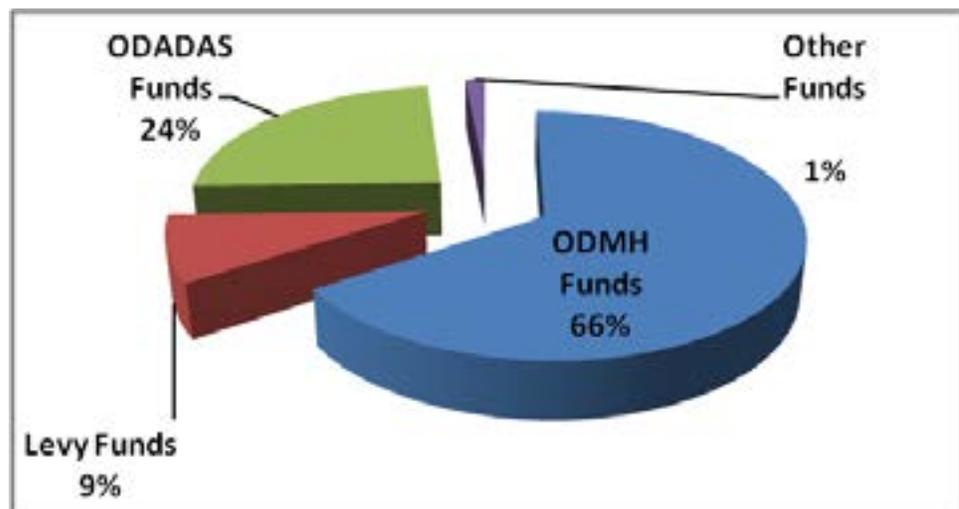
Ashland County

Levy	\$938,645
Levy Carryover	\$331,134
Total Ashland County	\$1,269,779

Other

Municipal Court(For Alcohol and Drug Jail Services)	\$15,000
Administrative Support	\$6,000
American Red Cross Rent	\$7,583
Career Center Liaison	\$23,354
RSVP Conference	\$10,359
Margaret Clark Morgan	\$12,500
Other	\$1,712
Total Other	\$76,508

Total Revenue **\$5,297,515**



FY2012 Expenditures

Mental Health Expenditures

Mental Health Direct Treatment Services (Non-Medicaid)	\$833,237
Mental Health Direct Treatment Services (Medicaid)	\$1,705,116
School Liaison Services	\$395,671
Crisis Hotline	\$150,450
Pharmaceutical Assistance	\$15,303
Crisis/Diversion Beds	\$19,726
Consumer Operated Services	\$71,500
Hospital Bed Days	\$278,674
Other	\$10,665
Total Mental Health Expenditures	\$3,480,342

Alcohol and Drug Expenditures

Alcohol/Drug Direct Treatment Services (Non-Medicaid)	\$178,800
Alcohol/Drug Direct Treatment Services (Medicaid)	\$153,985
Alcohol/Drug Detox/Residential Services	\$36,375
Alcohol/Drug Prevention Services	\$72,081
Alcohol/Drug Jail Treatment and Prevention Services	\$75,839
Alcohol/Drug Women Specific Services	\$3,842
Total Alcohol and Drug Expenditures	\$520,923

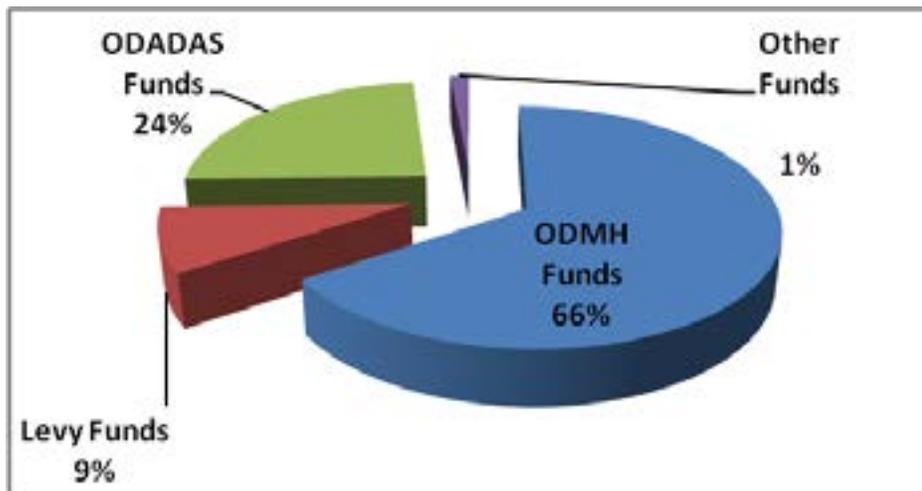
Other Expenditures

Levy Administration Fees	\$17,235
Agency Training	\$1,152
RSVP Conference	\$11,359
Community Education	\$5,697
Information Services	\$22,026
Total Other	\$57,469
Board Administration	\$466,838

FY 2012 Carry Over & State Paybacks

FY 2012 Carry Over	\$763,477
FY 2012 Reserve Payback	\$8,466
Total FY 2012 Carry Over & State Paybacks	\$771,943

Total Expenditures **\$5,297,515**



Board Retreat Provides Members Framework for Community Approach

On October 20th the Mental Health and Recovery Board staff hosted the board members at Camp Nuhop for a Board Retreat. Camp Nuhop staff provided food and activities. Steve Stone (Executive Director), David Ross (Associate Director), and Kelly Daniels (Special Projects Manager)presented. Topics included funding changes at a state level and their effect on local board functioning, the board's presence in the community, and promoting positive changes in the local system.

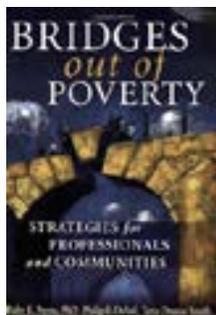


SAVE THE DATE

November 30

8:30 - 12 p.m.

Salvation Army Kroc Center
527 East Liberty Street



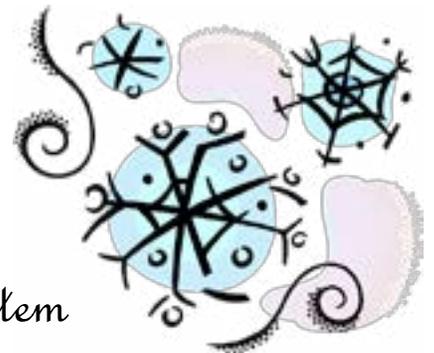
Anne Seifert

North Central State College
Community Health Worker
Program Director and Human
Services Adjunct Instructor

Brought to you by Appleseed CMHC
and Salvation Army Kroc Center. For
information call Sarah Fairchild at
419-281-8001

Samaritan

Regional
Health
System



Presents:

2012 Education Symposium

November 30, 2012

Samaritan on Main

*Topics include; leadership, critical
thinking, suicide prevention and more!*

7 clock hours and 7 contact hours available

For information contact Laura Rafeld:
lrafeld@samaritanhospital.org

Acknowledging holiday stress helps deck the halls with happiness



I was recently speaking to a group about the upcoming holiday season. I asked what is stressful about the holidays, and a bold man piped up and responded, "PEOPLE!" We all laughed with empathy, and I was so relieved! I gave this presentation a couple of times last year, and my audience refused to acknowledge that the holidays can be an especially stressful time, particularly for older adults and those who are bereaved. It seems trite to say it, but acknowledging there is stress is the first step to reducing it.

So, what makes the holidays stressful for you? Perhaps being out of your regular routine, being far away from those you love, or maybe being WITH them! Financial stress is also a very real problem for many of us. And for older adults who can no longer fulfill the roles they once had of being host or baker or tree-cutter, there is additional grief.

It is OK to be sad and feel grief. If someone you love has died, it is normal for you to miss them terribly during the holidays. If you are anxious, your family saying, "Don't worry!" will not likely make you not worry. Share your

feelings with someone who is comfortable with your sadness and doesn't try to fix you. In addition, it may be beneficial to reach out to others to avoid getting stuck in your own sadness. There are many opportunities to volunteer, or perhaps making an effort to attend religious or community events will lift your spirits.

Try to be realistic. It is unlikely that you will have the fairy tale holiday portrayed on stage and screen. Things might not be like they were in the past. Think about creating new rituals that accommodate your current reality. Try to be realistic about the people you spend the holidays with as well. Intentionally choose to accept them as they are, even if they don't live up to all of your expectations. Set aside your differences and understand that holiday stress may be affecting them too.

Budget your time and your money. Realize that if you tell others "no," they will understand. Determine how much time and effort you are willing to put into tasks, and limit yourself accordingly. Make time to take a breather—literally. Meditating is not about completely emp-

tying your mind, but focusing intently on one thing. Is there a holiday scene or image that you can focus on for five minutes? Breathe slowly and evenly thinking of a word such as peace, joy, or gratitude. Every religious tradition incorporates meditation, and it has been proven to increase peace of mind.

What if you prepare and try to reduce your stress but you continue to feel unhappy? Sometimes the problem is depression rather than stress. Stress is temporary, while depression persists. Some indicators of depression are feelings of sadness, irritability, and loss of interest or pleasure in normal activities. If you question whether you are experiencing depression rather than stress, you can speak to your health care provider, clergy, or a trusted friend or family member.

Stress, depression, and grief can be a part of the holidays, but your experience does not have to be defined by such issues. Know that you are empowered to improve your mental health, and you might enjoy the holidays more than you anticipated.

- By Stephanie Taddeo, VNA

Upcoming Events

Holiday Events

Handling the Holidays - Held at Samaritan on Main, 663 E. Main Street, this free workshop will help you make some decisions around the holiday. Discussions will focus on practical tips for holiday survival as well as ways to embrace the memories of your loved one. For information, call Hospice of North Central Ohio at 419-281-7107.

6 Candle Lighting Ceremony - the Parent

Support Group facilitated by Hospice will have a candle lighting ceremony at month's meeting; December 11th at 7 p.m. at the Kroc Center. Anyone whose child has died at any age is invited to come. Call 419-281-7107 or e-mail Diane.Park@myhnco.org for more information.

SALT Potluck - The Seniors and Law Enforcement Together group will be hosting a potluck for their monthly meeting December 6th. The group meets at noon at the Sheriff's Annex 1205 Main Street. Contact Diane Cawood - 419-281-1477 for information.

'TIS THE SEASON

Ambling 'Round Lifeworx

A member's perspective on groups, events, and outings

Lifeworx is a support group for people with mental or emotional struggles. Welcoming doors open from 11- p.m. Monday through Friday.

Lifeworx means many things to our members. Three words splash across one wall in our meeting place: Life, Love, and Laughter. Our lives are enriched by all Lifeworx offers.

We learn lessons about loving the loveable and unlovable. It's common place to hear laughter dance in the air at one of Sam's jokes.

"Inspiring," describes weekly Bible study with Captain Chad, director of a sailing ministry. In an atmosphere of warmth, openness, and acceptance, we seek to apply Biblical principles to our daily lives. As with some other groups, participation in this group is completely optional. Each person's individual beliefs are respected.

Recovery groups assist us in a variety of ways; we are works in progress. The Emotions group seeks to identify feelings, how these feelings impact a person and/or situation, and provides a safe environment for expressing positive and negative feelings.

Etiquette groups focus on basic manners and respect. Cindy, group leader, also capably presents dos and don'ts of job hunting and interviewing.

Healthy competition is encouraged at Lifeworx. Every four to six weeks members eagerly gather for a lively game of Bingo. Excitement runs high as we often "work" on two or more cards at a time. The atmosphere polka-dots with laughter as members seek to win various toiletries and sometimes chocolate creations. These chocolate gems are often on sticks, lollipop style, in the form of dogs, cats, ducks, or tractors. You can expect to see decadent pumpkins and ghosts sucker style as the seasons change.

Steve Stone graciously took a group of us to visit Gathering Hope House, and their peer recovery center located in Lorain County.

Member-created landscapes, fa-

mous portraits, and abstracts graced the walls throughout much of the facility. An up-and-running kitchen and 50's-60's restaurant showed what can happen when people confront personal challenges and dare to dream!

This article would be replete without mention of our "fish in residence." Securely situated in a corner alcove our aquarium boasts hardy orange -hued goldfish and a few silvery beauties as well. My favorite is the silvery cream-colored little guy who darts around picking up after his care-free tankmates. It's a delight watching all the inhabitants soar to the surface at feeding time.

They definitely sense Cindy's presence as she approaches the tank for feeding time. Our fish are obviously free to explore, grow, and thrive in a safe environment. This parallels folks who come to Lifeworx. We are free to explore new ideas,

grow in our recovery, and thrive in a safe place of love and acceptance.

For interested persons, quilting original designs is capably taught by members Trish and Linda. You have seen Shirley's blue ribbon quilt recently displayed at the Ashland County Fair along with program director Cindy's quilt creation. Some of us remember Shirley's initial "I can't do it!" protestations when she first began. We are thrilled with her first place award representing perseverance, hard work and innate talent.

In conclusion, Lifeworx members can find fun, fulfillment and opportunity in our program. In so doing, they discover that not only does life WORK but life ROCKS!

- Article submitted by Yvonne Gramse

For more information about Lifeworx call 419-496-0200 or 419-281-3139. Or visit www.ashlandmhrb.org to view the November newsletter or catch them on Facebook: "Ashland County Lifeworx"

... not only
does life WORK
but life ROCKS!

Free Dental Screening!

Oral health concerns often go unnoticed, particularly when numerous problems of living grab for attention. If you or someone you know could use education on oral hygiene, would like an assessment of their oral health status, and/or needs information about access to dental services in Ashland county we encourage you to attend this screening. There will be three subsequent screenings offered at later dates. For future dates/times once they are announced visit www.ashlandmhrb.org and view the *Calendar of Events*.

Receive a free oral hygiene kit!!

Exams provided by a dentist from the 9th Street Dental Clinic
Appleseed Community Mental Health Center
Wednesday, November 28th
4-6 p.m.

Cooking up Fun in the Kitchen for Parents and Preschoolers

In collaboration with several community organizations the Family and Children First Council (FCFC) of Ashland County has organized classes centering around family nutrition and cooking on a budget.

They saw great success with the first two classes; a family nutrition workshop and whole grain pizza pizzazz.

Adult participants in the sessions will receive easy recipes, information about food buying, meal planning, healthy eating tips and adult/child nutrition guides. Adults and children will prepare part of a light meal at the end of each session.

Participants are encouraged to bring children to do play activities using common kitchen/home activities that boost math, science, reading and writing skills to prepare them for school. All children will receive a learning kit and different giveaways at each session.

Recent Sessions:

Tasty Meals on a Budget

November 16th

10:30 - 12:30 p.m.

County Service Center

1763 Route 60

Ashland, Ohio



Participants work together to make nutritious meal combinations at the first *Cooking Up Fun in the Kitchen* event.

Holiday Temptations

The Scoop on Sodium and Sugar

December 7th

10:30-12:30

County Service Center

1763 Route 60

Ashland, Ohio

Families with preschool-aged children can register for one or all sessions by calling Sarah Wurster at 419-651-9011 sarah.wurster@yahoo.com.