

Geauga County Board of Mental Health and Recovery Services
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FAX 440-285-9617
www.geauga.org

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SFY06 Geauga County Board of Mental Health and Recovery Services Contract Agencies

Big Brothers/Big Sisters

Tim Kehres, Executive Director
8 North State Street, Suite 360
Painesville, Ohio 44077
(440)352-2526 FAX: (440)352-2580
Toll-free or TDD: 1-800-222-2440
www.bbbsneo.org
email: info@bbbsneo.org

Catholic Charities Services of Geauga County

Jim Clements, Executive Director
10771 Mayfield Road
Chardon, Ohio 44024
(440)285-3537 Voice or TTY 1-800-242-9755
FAX: (440)285-4909
email: Geauga@clevelandcatholiccharities.org

Geauga County Educational Service Center

Teen Institute
Wally Waldbauer
470 Center Place, Bldg. 2
Chardon, Ohio 44024
(440)279-1706
Fax: (440)286-7106

The Family Planning Association of Northeast Ohio, Inc.

Mary Wynne-Peaspanen, Executive Director
54 S. State Street, Suite 201
Painesville, Ohio 44077
(440)352-0608 FAX: (440) 352-0640

Lake/Geauga Center on Alcoholism & Drug Abuse

Liz Timko, Prevention Director
200 Center Street, Unit B
Chardon, Ohio 44024
(440)285-9119 FAX: (440)942-0639

Mental Health Association in Geauga County

Chari Weber, Executive Director
10771 Mayfield Road
Chardon, Ohio 44024
(440)285-3945 FAX: (440)285-2756
email: info@mhageauga.org
www.mhageauga.org

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13244 Ravenna Road * Chardon, Ohio 44024
(440)285-2282 (regular or TDD) By fax: (440)285-9617
Online: www.geauga.org
email: gbmhadas@lightstream.net

Neighboring Mental Health Services

Spence Kline, Chief Executive Officer
115 Wilson Mills Road, Suite 4
Chardon, Ohio 44024
(440)286-7448 FAX: (440)285-7253
www.neighboring.org

Ravenwood Mental Health Center

David Boyle, Executive Director
12557 Ravenwood Drive
Chardon, Ohio 44024
(440)285-3568 FAX: (440)285-4552
Middlefield Office (440)632-5355

WomenSafe, Inc.

Shayna Jackson, Executive Director
P.O. Box 656
Chardon, Ohio 44024
(440)285-2222 Ext. 5680
email: womensafe_inc@alltel.net

COPELINE - 24 Hr Mental Health and/or Substance Abuse Emergency
(440)285-5665
1-888-285-5665

Please read: The publisher has taken care in the preparation of this newsletter, but the information it contains is not intended as a substitute for the expertise and judgment of qualified health care professionals. You should consult with your health care provider about all health-care issues.

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Panorama

Geauga County Board of Mental Health and Recovery Services

Spring 2006



Jim Adams
Executive Director

Once again spring has come to northeast Ohio and once again we join groups and individuals all over the nation in recognizing May as Mental Health Month. While educating our community about mental health and mental illnesses is a year-round job, we take this month to focus our efforts on local community-wide treatment and prevention. Since this is the 200th Anniversary of the creation of Geauga County, I wanted to share some of our county's history of care for persons with severe mental disabilities.

In 1816, The Ohio legislature authorized the Geauga County Commissioners to construct a "poor house" for individuals with no means of support. Unfortunately, many poor people who could have been helped by the legislation were excluded because of their mental or physical disabilities. By 1850, the legislature mandated that poor houses also be infirmaries, to be "places of confinement" for the needy, sick and insane, even though by this time most had taken on that role.

In 1843, the Geauga County Commissioners bought the farm owned by Nathaniel Stone, in Claridon Township. The home and its' 256 acre farm was managed by a Superintendent and a Board of Overseers. According to

May is Mental Health Month

Today, individuals with depression, bi-polar disorder and other mental disabilities have recovery rates that often exceed those for other diseases like heart disease and diabetes.

newspaper articles, by 1866 there were 32 "inmates", three of which were children. Some lived in the main house, and did farming and housing duties while 5 were confined in cells at the "Mad House", a smaller facility set back from the main farm house. *The Geauga Democrat*, the local paper at that time, sent their reporter, Jason Coe Wells to the facility and he provided several in-depth articles about the farm and specific residents there. He wrote about one individual, "...at length his mind became unsettled and reason deserted her throne...and he commenced wandering about, getting worse and worse, until he began to be feared, and at length it was considered that the public safety required his confinement. Then a strong log hut was built, and strong men forced him into it, and fastened him there, and there for years he was kept, much of the time a raving maniac." The author continued, "in dealing with the insane, harsh measures were often deemed indispensable in order to subdue them; and of these (he) doubtless received his full share."

By 1900 the outbuildings used to house mentally ill individuals burned down and cells in the basement of the main building were used. Also about that time other facilities had begun to take on the role of caregiver to these individuals, although often treatment continued to be poor. State psychiatric hospitals eventually housed Geauga County residents thought to be "insane" until the early 1960's. Newer medications combined with state and national legislation to assure the rights of individuals with mental disabilities led to major reductions in psychiatric hospitalizations. Many warehoused individuals moved back into their home communities and back to meaningful lives. By the late 1980's newly developing local treatment and housing options again led to state legislation that shifted much of the financial and treatment responsibilities to local mental health boards.

Board Members

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Today, individuals with depression, bi-polar disorder and other mental disabilities have recovery rates that often exceed those for other diseases like heart disease and diabetes. Treatment is available in the community and hospitalization is rarely necessary. Housing options are designed to meet a variety of needs and even the most severely mentally disabled usually live on their own, in independent apartments or homes.

Recovery from mental illness today is a reality for many, not just a dream. And the "Mad House" for mentally ill "inmates" seems now, just a dream and not a reality. We've come a long way in treating illnesses like schizophrenia and depression, but there is still work to do. Today, as we celebrate Geauga County's 200th Anniversary, we look forward to the day when all mental illness becomes a thing of the past.

Mission Statement

It shall be the mission of the Geauga County Board of Mental Health and Recovery Services to provide leadership in the development, implementation, and evaluation of mental health and substance abuse programs. As an agent for change in Geauga County this Board is dedicated to optimizing human and financial resources and enhancing and stabilizing the mental health of citizens of Northeast Ohio. Through comprehensive needs assessment the Board shall effectively plan and coordinate a full range of community-based services that provide for quality client care in the least restrictive environment possible.

Ohio's Mental Health Care Report Card



Ohio was one of only two states to receive a "B", the highest grade awarded in the National Alliance of Mental Illness' first state-by-state analysis of the nation's mental health care system in over 15 years, according to a report released on March 1, 2006 in Washington, D.C.

According to *Grading the States: A report on America's Health Care System for Serious Mental Illnesses*, the national average is a "D" grade; more than half the states received grades of "D" or "F". Only Connecticut also received a "B" grade; three other states - Maine, South Carolina and Wisconsin were graded "B-".

"We appreciate this recognition of the people who provide and advocate for quality mental health care throughout Ohio," said Ohio Department of Mental Health (ODMH) Director, Michael F. Hogan, Ph.D. "While we are proud that Ohio is one of the top states noted in this report, we know that more must be done to give everyone with mental illness the opportunity for recovery."

The state ratings were determined based on 39 criteria in four categories: Information accessibility, Infrastructure, Services, and Recovery Supports. Ohio received B's in all categories, with the exception of Information Access for consumers and families, which garnered an "A".

Specific highlights for Ohio in the report include:

- * Strong state-level leadership in various branches of government. The leadership of ODMH Director Hogan, Ohio Department of Rehabilitation and Correction Director Reginald Wilkinson, Supreme

Court Justice Evelyn Lundberg Stratton, Senator Mike Dewine and Congressman Ted Strickland were noted

- * Efforts to make research-proven best practices available across the state
- * Consumer and family participation in policy and service decisions
- * Commitment to criminal diversion and re-entry initiatives, and strong collaboration between criminal justice and mental health leaders

Despite a number of innovations, the report also noted deficiencies within the state's mental health system, including:

- * Gaps in funding. Ohio slipped from 17th to 37th in per capita funding for mental health between 1981 and 2002
- * Ohio has not enacted insurance parity legislation
- * Insufficient services, especially shortages of hospital beds for short term care, waiting lists and a lack of sufficiently trained staff to provide community care
- * The need to improve supports for recovery such as housing and employment assistance

Ohio's public mental health system includes ODMH, 50 county and multi-county boards, and nearly 500 community mental health agencies. Each year, Ohio's community mental health systems provide services to more than 260,000 people, including 75,000 adults with severe mental illness disabilities and 70,000 children with serious emotional disorders.

The full report is available online at <http://www.nami.org>

Local Area Professional Provides Answer

CUTTING A Serious Threat to our Youth

My daughter says there is a girl at her school that is involved with cutting. She says she seems depressed. What is cutting and why are teens doing it?

Self-injurious behaviors (SIB'S) such as cutting, are most prevalent among adolescent females. SIB is typically not done with suicidal intent, but should be taken seriously. Death by self-injurious behavior, though rare, can happen. The primary reason is an attempt to cope with overwhelming feelings or emotional numbness. Many people who self-injure have a history of physical, emotional or sexual abuse. They lack the coping skills to deal directly with their emotional pain. As distressing feelings build, they injure themselves to relieve the insurmountable tension. People who cut often report that it feels relieving not painful. For those who are numb, SIB can provide confirmation that they are still "alive". SIB in teens can indicate a cry for attention and help. With professional intervention, teens can learn new coping skills to deal with their anxiety and break the cycle of self-injury. Once they understand how to safely face underlying feelings of shame and worthlessness, desire to self-injure will decrease.

Parents can help by:

- * Remaining calm when responding to SIB. Intense emotional reaction tends to reinforce this behavior.
- * Encouraging the teen to express feelings verbally. Often these youth have learned that expression of anger and sadness are not tolerated.
- * Identifying triggers that occur before SIB and offering alternatives for coping.

For further information and help, contact Desiree Morrison, M.Ed, Therapeutic Group Home Director at 440-279-2092, or Ravenwood Mental Health Center at 440-285-3568.



For happiness one needs security, but joy can spring like a flower even from the cliffs of despair.

Anne Morrow Lindbergh

"A New Day for Families and Consumers" and Transformation of the Mental Health System in Ohio

May 5 & 6, 2006

Hyatt Regency, Columbus, Ohio
Sponsored by **NAMI Ohio**

For reservations or more information call 1-800-686-2646 or visit www.namiohio.org



A Person Behind the Scenes



Tom Gazley, Board Chairman

With May being mental health month, what do you think is Geauga County's greatest concern regarding mental health?

I wish there was only one greatest concern regarding mental health in Geauga County. Focusing our Board and Board staff time and talent on a single effort would be a luxury! We have always been able to boast about the high quality of Geauga County's mental health and recovery services. Thanks to generous community support through local levies, not only has the quality of services continued to flourish, both service availability and easier access to services have improved dramatically. This is a changing climate, however, and there are times when our service delivery system operates on a reduced level of efficiency and quality, even though the need continues to grow. I believe it is important to be able to provide sustainable, consistently high quality, easily accessible mental health and recovery services, within a system designed to weather economic, political, and social changes.

You obviously spend a lot of time volunteering as Chairman of the Board. Why is this a priority for you?

I'm a mental health service provider by trade. It's important work. Equally important, I believe, is working to ensure the whole mental health and recovery service delivery system doesn't lose sight of the impact large system policies, procedures, and changes have on the individual consumer, and the ability of the local mental health and recovery system to address local needs. Volunteering as a member of our Geauga County Board of Mental Health and Recovery Services helps this effort.

What do you think is the most important thing the Geauga County Board of Mental Health and Recovery Services does?

We struggle, we ask questions, we argue, and we hopefully make sound, well reasoned decisions as a result! Balancing the demands of federal, state, and local government, and what they determine to be priorities, with the actual needs of Geauga County's consumers and service providers is a big task. We are fortunate in Geauga County, to have dedicated and knowledgeable Board members and staff who value common sense, fiscal responsibility, and quality of service. Struggling with the questions of how to effectively provide this balance, is one of the most important tasks we face as a Board.

"BACK to the FUTURE"

Thursday, the twenty-fifth of May
two thousand and six

Berkshire Hills Country Club
9760 Mayfield Road
Chesterland, Ohio

5:30 pm Social Hour
6:30 pm Dinner

\$20.00 per person

For reservations call the Geauga County Board of Mental Health and Recovery Services at (440)285-2282.

Untreated and mistreated mental illness costs the United States, \$105 billion in lost productivity each year, and U.S. businesses foot up to \$44 billion of the bill.
(BMJ, 1998; NMHA, 2001)

The Geauga County Board of Mental Health & Recovery Services
presents

BACK to the FUTURE

Please join us for our
20th Annual Behavioral Health Care Recognition Dinner



geauga county board of
mental health and recovery services

NOMINATION FORM
for the Seventeenth Annual
GEAUGA COUNTY
BEHAVIORAL HEALTH CARE ADVOCACY AWARD

I/We wish to nominate:

NAME _____

ADDRESS _____

PHONE _____

Person submitting this nomination:

NAME _____

ADDRESS _____

PHONE _____

OPTIONAL

Additional reference person for this nominee:

NAME _____ PHONE _____

Nominating period: June 2005 to May 2006.

To nominate a person or group, the following information should be provided about the nominee on a separate sheet of paper:

- What contributions has this individual or group made in the field of mental health or chemical addiction advocacy in Geauga County in 2005 and/or 2006?
- How has this person or group distinguished him/her or themselves from others in the county as leaders in promoting good mental health or chemical abuse services?

Send or fax nominations to:

Gauga County Board of
Mental Health and Recovery Services
13244 Ravenna Road
Chardon, Ohio 44024
Fax: 440-285-9617

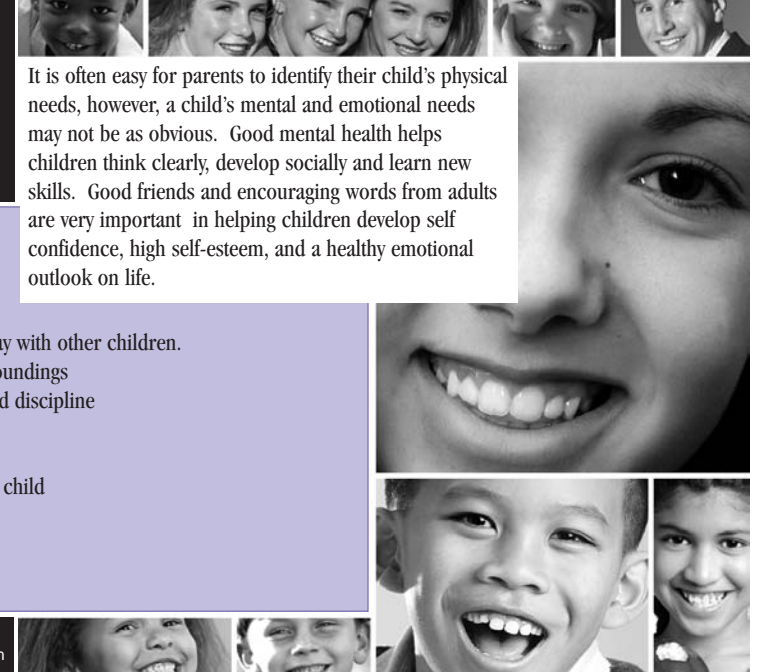
Entries must be received by May 11, 2006.



Employees of the Geauga County Board of Mental Health and Recovery Services and their families are not eligible for this award. Nominees do not have to live in Geauga County, but their activities must directly impact this area.

Check out the Boards website. It is frequently updated to keep you informed.

What Every Child Needs for Good Mental Health



It is often easy for parents to identify their child's physical needs, however, a child's mental and emotional needs may not be as obvious. Good mental health helps children think clearly, develop socially and learn new skills. Good friends and encouraging words from adults are very important in helping children develop self confidence, high self-esteem, and a healthy emotional outlook on life.

To give the basics for a child's good mental health, parents and/or caregivers should:

- * Provide unconditional love
- * Provide the opportunity to play with other children.
- * Provide safe and secure surroundings
- * Give appropriate guidance and discipline
- * Praise the child
- * Set realistic goals
- * Criticize the behavior, not the child
- * Talk about feelings
- * Be firm, but kind
- * Set good examples

National Mental Health Association
www.nmha.org/infoctr/factsheets/72.cfm

S c h i z o p h r e n i a

What You Need to Know

Schizophrenia is a serious disorder which affects how a person thinks, feels and acts. Someone with schizophrenia may have difficulty distinguishing between what is real and what is imaginary, may be unresponsive or withdrawn, and may have difficulty expressing normal emotions in social situations.

Contrary to public perception, schizophrenia is NOT split personality or multiple personality. The vast majority of people with schizophrenia are NOT violent and do not pose a danger to others. Schizophrenia is NOT caused by childhood experiences, poor parenting or lack of willpower, nor are the symptoms identical for each person.

What causes schizophrenia?

The cause of schizophrenia is still unclear. Some theories about the cause of this disease include: genetics (heredity), biology (the imbalance in the brain's chemistry), and/or possible viral infections and immune disorders.

What are the early warning signs of schizophrenia?

The signs of schizophrenia are different for everyone. Symptoms may develop slowly over months or years, or may appear very abruptly. The disease may come and go in cycles of relapse and remission.

Behaviors that are early warning signs:

- * Hearing or seeing something that isn't there
- * A constant feeling of being watched
- * Peculiar or nonsensical way of speaking or writing
- * Strange body positioning
- * Feeling indifferent to very important situations
- * Deterioration of academic or work performance
- * A change in personal hygiene and appearance
- * A change in personality
- * Increasing withdrawal from social situations
- * Irrational, angry or fearful response to loved ones
- * Inability to sleep or concentrate
- * Inappropriate or bizarre behavior
- * Extreme preoccupation with religion or the occult

Schizophrenia affects about 1% of the world population. In the United States, one in a hundred people, about 2.5 million, have this disease. It knows no racial, cultural or economic boundaries. Symptoms usually appear between the ages of 13 and 25, and often appear earlier in males than females.

Symptoms

- * Delusions
- * Hallucinations
- * Disordered thinking and speech
- * Social withdrawal
- * Extreme apathy
- * Lack of drive or initiative
- * Emotional unresponsiveness

The Different Types of Schizophrenia

- * Paranoid schizophrenia
- * Disorganized schizophrenia
- * Catatonic schizophrenia
- * Residual schizophrenia and Schizoaffective disorder

Treatments Available

Early treatment, even as early as the first episode, can mean a better long-term outcome. Types of services that help a person with schizophrenia include:

- * Case management
- * Psychosocial Rehabilitation Programs
- * Self-help groups
- * Drop-in centers
- * Housing programs
- * Employment programs
- * Therapy/Counseling
- * Crisis services

Antipsychotic medication help people to live fulfilling lives. They help to reduce the biochemical imbalances that cause schizophrenia and decrease the likelihood of relapse. Like all medications, however, anti-psychotic medications should be taken only under the supervision of a mental health professional

For treatment services contact Ravenwood Mental Health Center at 440-285-3568. For resources on mental illness call Mental Health Association at 440-285-3945. For additional resources are below:

- National Alliance for the Mental Ill (NAMI) - 1-800-950-NAMI - www.nami.org
- National Alliance for Research on Schizophrenia and Depression (NARSAD) 1-800-829-8289 www.narsad.org
- National Institute of Mental Health 301-443-4513 www.nimh.nih.gov
- www.nmha.org/infoctr/factsheets/51.cfm
- www.mentalhealth.famhsa.gov