

Geauga County Board of Mental Health and Recovery Services
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www.geauga.org

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If you would like to receive future issues of the Panorama Newsletter contact
The Mental Health Association at 440-285-3945.

SFY07 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

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

Mental Health Association in Geauga County

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

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: sjackson@womensafe.org

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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.



Panorama

Geauga County Board of Mental Health and Recovery Services

Winter 2006

Director's Corner

I'm often asked questions about mental health and how to take care of ourselves over the holidays. I thought I'd share a few of my responses to the most frequently asked questions with you this year.

"What's the BEST thing to get my child for the holidays?"

Most responses to this question center around the latest electronic gadget or toy. Why not? They are lots of fun! But I have another suggestion - give them your time! The odds that your children can tell you what presents they got last year are much slimmer than the odds they can tell you what your family holiday traditions are! Spend time with your kids! Go to the movies, eat meals together, or just drive around to see the holiday lights - add a cup of hot chocolate at the end. That's what they'll remember! That's what they'll pass on to their kids! That's the gift that keeps on giving!

"I love the holidays! All the decorations, parties, and shopping for gifts. But sometimes it just gets too hectic. What do I do?"

It's a great time of the year to be with family and friends, but some years it can be a little overwhelming. First, make a budget and stick to it - using cash instead of credit cards helps. That way welcoming the new year without holiday bills will be even more fun! Second, spend quality time with family and friends. Forget about having an extravagant event! You'll spend more time worrying than enjoying! Third, limit your use of alcohol. Never drink and drive. Keeping a clear head will let you enjoy the fun more fully!

"I lost a family member this year so the holidays are more difficult. What can I do to get through this time?"

The loss of a loved one can make us feel lost or lonely during the holiday festivities. It's perfectly natural to remember fond times shared together with mixed emotions. Often it helps to talk about your loss and your feelings to someone you trust. Don't feel like you should avoid family traditions just because you've lost someone dear to you. Include others like family and friends in your traditions. How about starting new ones for the next generation?

"I can get over my holiday 'blues' all by myself."

Of course you can, most of the time. We all experience highs and lows in our emotional health and most lows pass fairly quickly. Like a cut or bruise, the body is great at healing itself most of the time. Sometimes though we need more help. If your "blues" last longer than a few weeks or if you have suicidal thoughts, seek help immediately. Severe depression is a brain disease and like most illnesses, responds well to treatment. Don't be afraid to get help.

"What do I tell my children about Santa?"

I don't understand the question.

Peace to you and yours this holiday season and throughout the new year!

Jim



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.

Trumbull Ashtabula Geauga (TAG) Law Enforcement Task Force Take on Meth Labs

The TAG Law Enforcement Task Force is a multi-county agency that was formed by the Sheriffs in the counties of Trumbull, Ashtabula, and Geauga. It is a major crimes unit that focuses investigations on drug traffickers, gangs, firearm traffickers, and Homeland Security issues. The process to form TAG began shortly after September 11, 2001, when the area Sheriffs determined that communication on crime in the three counties could be improved by regionalization.

With a number of recent methamphetamine (meth) lab busts in Northeast Ohio, Geauga County Sheriff Daniel McClelland says the job of the TAG Law Enforcement Task Force takes on a new importance. "I've many times said you can't stop chasing the bad guy at the countyline. We have to work together to drive this type of crime out of Northeast Ohio." The TAG team is specially trained in hazardous materials, which is important in meth lab raids.

More than 50 federal and Geauga County law enforcement officers busted a meth lab in Hambden Township this past June. Authorities waited until the mother and three children left the house before they arrested the homeowner peacefully.

Methamphetamine is a highly addictive drug that is wreaking havoc in many communities in Ohio. The fact that it can be easily

manufactured in one's own home using inexpensive, store bought materials, is what sets it apart from other illegal drugs and what makes it particularly frightening.

- * Geauga County closed down two meth labs in the past two years.
- * 429 meth labs were seized in Ohio in 2005.
- * The average age of those admitted for meth treatment was 30 years.
- * 1 in 6 labs will catch fire.
- * An estimated 4.7 million Americans (2.1% of the U.S. population) have tried meth at some time in their lives.
- * Every pound of meth creates 5-6 pounds of toxic waste.

Methamphetamine is popular because it produces a euphoric high. That high is usually followed by a longer period of lethargy, depression, paranoia, and even violent or aggressive behavior. With prolonged use, the levels of pleasure decline, and it takes more meth to achieve the same high. This highly addictive drug can cause permanent and severe physical and psychological problems, including excessive weight loss, rotting teeth, scars, open sores, a variety of cardiovascular problems, convulsions, and hallucinations. Methamphetamine induced paranoia can also result in homicidal and suicidal thoughts.

Awareness of the harmful effects of methamphetamine is the best means of eradicating its use in Ohio. The Lake - Geauga Center on Alcoholism and Drug Abuse has done educational presentations on methamphetamine to area professionals through funding provided by the Geauga County Board of Mental Health and Recovery Services.

Treatment Works! People Recover!

According to the National Institute on Drug Abuse the most effective treatments for methamphetamine addiction are cognitive behavioral interventions. These approaches help modify the patient's thinking, expectancies, and behaviors and help increase coping skills to deal with life's stressors. Methamphetamine treatment support groups are also helpful in sustaining long-term recovery.

To get help with meth addiction call Lake-Geauga Center at 440-285-9119.

Sources: www.tagohio.com, National Alliance for Drug Endangered Children, National Drug Intelligence Center, National Institute on Drug Abuse, Ohio Department of Alcohol and Drug Addiction Services, Ohio Attorney General's Office, Public Children Services Association of Ohio, White House office of National Drug Control Policy, www.methamphetamineaddiction.com

NAMI Starts in Geauga County

A new advocacy group is forming in Geauga County. Sponsored by the Geauga County Board of Mental Health and Recovery Services, the new Geauga National Alliance on Mental Illness (Gaugua NAMI) will work to improve the quality of life for those living with a mental illness, and their families. Initial funding provided a 12-week training course to families and friends dealing with the challenge of having a loved one diagnosed with a severe mental illness. This training, the Family-to-Family Education Program, is a nationally recognized model which provided education to 18 family members over the past three months. The course was taught by Geauga

County residents Victor and Sally Matthews and Carole Jazbec, NAMI Lake County, Executive Director. The next Family-to-Family group will be held in the spring of 2007, but work on the new Geauga NAMI Chapter is starting now. For more information about Family-to-Family or Geauga NAMI, please call Michelle Doehring at the Mental Health Association at (440) 285-3945.



Victor & Sally Matthews
NAMI Trainers

A Person Behind the Scenes



Robert W. Goldberg, Ph.D.
Vice Chairman, Geauga County Board of Mental Health & Recovery Services

What do you think is Geauga County's greatest concern regarding mental health?

I think I'd identify three major concerns: (1) housing, (2) intervention with consumers in the justice system, and (3) insurance parity for mental health services.

With respect to housing, there just are not enough places and spaces to live for consumers who may need some type of supportive services in their immediate environment. The Board has listened to proposals for additional housing and there is a grant application pending submitted by private parties for outside Federal funding of one residential facility, but the need is great. Rejection of some mentally ill consumers by frustrated and uninformed family members contributes to this problem of homelessness, which becomes one of rootlessness and potential for relapse.

The second major concern is intervention with

consumers who come to the attention of the justice system. Due to poor judgment or, at times, substance abuse in an attempt to alleviate their symptoms, a disproportionate number of consumers wind up in the courts and jails, sometimes as repeat minor "offenders" due to mental illness relapse. It is usually evident to the courts and law enforcement that these individuals would be better served by treatment than by incarceration. For over a year now, the Board has been developing an intensive intervention program at the new County Jail for assessment, brief and effective treatment, and follow-up intervention. This involves staff from several existing participating agencies in a coordinated effort. It is hoped that this will divert or re-direct consumers into the mental health system, help them attain and sustain recovery, and thus be able more appropriately and productively to participate in community life.

The third concern is the continuing search for insurance parity in reimbursement for mental health and addiction recovery services. The fact that people are not insured for these services throws a disproportionate burden on public resources, straining the system at its seams in trying to meet consumer needs.

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

My family and I have lived in Geauga County since 1971, first in Chesterland and since 1977 in Bainbridge. I'm a psychologist at the Louis Stokes Cleveland VA Medical Center, have a small private practice in Beachwood, and had

been busy with some psychology-specific national professional activities. Sometime around 2002, I stopped to catch my breath and realized that I really did not know much about what consumer needs and services there were right under my nose. I started to inform myself and then sought to be appointed to the Board. Since I had never practiced anywhere in the County, I felt that I could provide a relatively objective psychologist's perspective on community needs and services. I guess I concluded that mental health begins in your own backyard and decided to act on that.

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

I think that the coordination of services in the county is the most important function served by the Board. The Board is able to have an "aerial" view of the county's mental health needs. In its membership, the Board brings together a "melting pot" of interested and dedicated citizens, mental health professionals, self-identified consumers, and educational professionals providing for a variety of points of view. Representatives of most community agencies, as well as several consumers, regularly attend the public meetings of the Board, providing for input on the realities of service "where the rubber meets the road." The Board's administrator, Mr. Jim Adams, and other administrative staff are, of course, also present. In this way, the Board is able to spot new needs as they arise, plan and develop programs, suggest ways agencies can coordinate efforts to prevent redundancy, and use the monies available to us in the most efficient and effective way.

Red Ribbon Week Celebration!

From October 23 through October 30, 2006 many activities were held throughout Geauga County in celebration of Red Ribbon Week. The Red Ribbon Campaign first began in 1988 and is the oldest and biggest drug prevention program in the nation. Local activities included:



Senior
Wellness
Day

66,000 RED RIBBONS

Raise the Flag!
Ring the Bell!

Elementary Schools celebrate
with Coloring Contest!

Livin' It Drug
Free Program at
Local Schools



Jim Adams, CEO
Gaugua County Board of Mental Health and Recovery Services

Suicide Prevention Coalition Forms Speakers Bureau

In the time that it may take you to read this newsletter, two people in this country will die by their own hand. For those two who "succeed" at taking their own life, thousands more will attempt to do so and require emergency medical care. Women will make four times the number of attempts at suicide than men will, however men will complete suicide at a higher rate, largely due to the lethality of their methods. For every person who commits suicide, six others around them are impacted.

Frequently, those around a person who attempts or commits suicide may, in retrospect, be able to identify signs that the person was depressed. Unfortunately, we may not always know what to say or how to intervene when depression and suicidal thinking are suspected or observed. We may also not always know whom to call for help.

To address these concerns the Geauga County Board of Mental Health and Recovery Services formed the [Gauga County Suicide Prevention Coalition](#). The Coalition has been working to fulfill its mission of "Reaching

Warning Signs · Do's & Don'ts · Find Help

SUICIDE PREVENTION

IF DANGER IS IMMEDIATE: Call 9-1-1

IF THERE IS NO IMMEDIATE DANGER:
Call COPEline:..... 440-285-5665
or 1-888-285-5665
Visit:..... www.geauga.org

Presented by
 GEAUGA COUNTY SUICIDE PREVENTION COALITION
 geauga county board of mental health & recovery services
 440-285-2282 *Reaching Out · Saving Lives*

DON'T

- ... leave the person alone.
- ... dare the person or try "reverse psychology".
- ... minimize. "It could be worse."
- ... promise confidentiality.
- ... offer empty reassurances. "You're luckier than..."
- ... argue or lecture.
- ... encourage guilt.
- ... make moral judgments.
- ... go it alone.

DO: Get Help!

- ... ask questions. "I'm concerned about you. Are you thinking of killing yourself?"
- ... assess the danger. Does the person have a plan? Access to the means? Has he/she attempted suicide before?
- ... listen without passing judgment.
- ... encourage expression of feelings.
- ... be empathetic.
- ... stay calm.
- ... tell others and get help.

Nonverbal Warning Signs:

- Previous attempts
- Increased alcohol/drug use
- Tying up loose ends, making a will
- Buying a weapon
- Quitting a job, breaking up a relationship
- Sudden happiness after extended depression
- Giving away possessions
- Serious expressions of hopelessness

Verbal Warning Signs:

- "I'm going to end it all."
- "Life isn't worth it."
- "You'd be better off without me."
- "I can't take it anymore."
- "I wish I were dead."
- "No one would care if I died."
- "I'm going to kill myself."

Save a Life!

Geauga County COPEline: 440-285-5665 or 1-888-285-5665

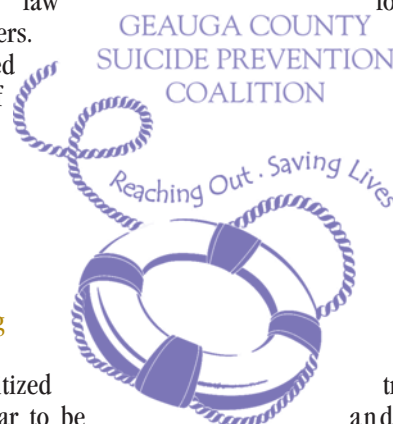
Pictured above is a suicide prevention card made available by the Geauga County Board of Mental Health and Recovery Services.

Out and Saving Lives via a local suicide prevention campaign. The **Suicide Prevention Coalition** is fortunate to have had the participation and commitment of a large group of local leaders, health care personnel, educators, mental health professionals, law enforcement and others. The Coalition was faced with the difficult task of forming a countywide strategic plan for the prevention of suicide. The completed plan is available at your local Geauga library and online at www.geauga.org

The Coalition prioritized populations who appear to be at highest risk for suicide in Geauga County as middle aged adults and older adults, especially men. For example, older adults (over 60) make up approximately 12% of the population and yet represent 27.5% of Geauga County deaths ruled a suicide.

In addition with suicide being the third leading cause of death among young people the need to educate them about the signs of depression, its relationship to suicide risk and the need for intervention was identified. The Coalition will be focusing its efforts on reducing the stigma associated with asking for help, especially for boys and young men.

The Coalition has also created a Suicide Education and Prevention Speaker's Bureau. The goal of the Speaker's Bureau is to provide suicide prevention and intervention training to identified professions and organizations. Trained speakers are now available. They will provide information on understanding the relationship between depression and suicide, services that are available to those who are at risk, and education on what an individual can do if they suspect that someone they know is suicidal.



Fear of Violence in Our Kids

Recent acts of violence in Colorado, Pennsylvania and Wisconsin schools have stunned the nation. Children, in particular, may experience anxiety, fear, and a sense of personal danger. They may also feel anxiety and tension from those around them including family and friends and other adults who have a direct impact on their care.

"Violent acts call into question the personal safety and well-being of Americans throughout our schools and communities," said David Shern, Ph.D., president and CEO of Mental Health America "Our youth are especially vulnerable to the graphic images and intense media coverage around such violence. It is our duty as parents, adults and loved ones to

support our children during this critical time and foster a sense of safety and resiliency in our youth."

In the days and weeks to come, knowing how to talk with your child about violence will play an important role in easing fear and anxieties about their personal safety in these tenuous times as well as helping them to manage rising concerns.



For more information contact the Mental Health Association in Geauga County at 440-285-3945 or Mental Health America at (800) 969-6642.

- Mental Health America offers the following suggestions to help guide parents in talking with their children about fear and violence:
- * Encourage your child to talk to you
 - * Validate the child's feelings
 - * Talk honestly about your own feelings regarding violence
 - * Discuss safety procedures and create safety plans with your child
 - * Recognize behavior that may indicate your child is concerned about their safety
 - * Empower children to take action regarding their safety
 - * Keep the dialogue going
 - * Seek help when necessary

Network of Care - Coming Soon

The Ohio Department of Mental Health has provided funding to the Geauga County Board of Mental Health & Recovery Services to host a highly interactive internet website entitled "Network of Care". The site will contain the most recent information on mental health services and care for consumers, caregivers and social service agencies. The site will be made accessible early in 2007. Check www.geauga.org for up to date information on the "Network of Care".



PANORAMA

How Do You Like the Panorama?

Help us make our newsletter better by taking the online survey by December 31, 2006 at www.geauga.org/home.html

Select: **"Click here to take Survey"**.

SUICIDAL?

Don't be afraid to ask!

Call COPEline:
 440-285-5665
 or 1-888-285-5665

GEAUGA COUNTY SUICIDE PREVENTION COALITION

Reaching Out · Saving Lives

Know the warning signs, and find help!

The Suicide Prevention Coalition will be distributing the above poster around Geauga County. If you are interested in obtaining a poster or other suicide prevention information, please contact the Geauga County Board of Mental Health & Recovery Services at 440-285-2282.