

Annual Geauga County Behavioral Health Care Advocacy Award

The Geauga County Board of Mental Health and Recovery Services held its Annual Behavioral Health Care Recognition Dinner on May 17, 2007, at the St. Denis Golf Course. The Board celebrated its 40th anniversary with the theme "A Road Less Traveled" detailing the Board's journey since it was created in 1967. The Board's Executive Director Jim Adams highlighted Geauga County's trials and achievements in the field of mental health, honoring the many volunteers and professionals who have paved the way to better mental health care in our county over the last 40 years.



"Angel in disguise" Roberta Davis, 2007 Advocacy Award Winner with Jim Adams, Executive Director of the Geauga County Board of Mental Health and Recovery Services

The high point of the evening was the presentation of the

2007 Advocacy Award. The award is given to a person who has done exceptional work in the field of mental health and/or substance abuse on behalf of Geauga County residents. This year's recipient of the award was Roberta Davis, for her work over 20 years with clients at Ravenwood Mental Health Center. Jim Adams noted Roberta's "ability to nurture, persuade, teach, and empower individuals with the most serious mental illnesses" and her "steadfast belief in the abilities of those with whom she works" as qualities which led to Roberta being chosen from a distinguished list of nominees for this year's honor. Congratulations Roberta!

KIDS FEST

The Geauga County Board of Mental Health and Recovery Services hosted its third annual KIDSFEST on Saturday, April 28 at Berkshire High School. Kids enjoyed a fun-filled day of hands on activities, crafts and entertainment.

40th Anniversary
Ravenwood Mental Health Center
Open House and Art Show
 June 28, 2007 - 4-7pm
 At Ravenwood's new South Street office
 695 South Street
 Chardon OH 44024
 440 286-1631



- * Geauga Mental Health Programs
- * MHA Programs
- * Teddy Bear Patrol
- * Advocacy Award

Director's Corner

As the new director of the Mental Health Association in Geauga County and a newcomer to the area, I am pleased and surprised to find the variety and range of mental health services offered in our county. Since I began in October 2006, I have learned that Geauga County offers programs and services comparable to those available in much larger urban areas. We have access to innovative programs tailored to meet a wide array of mental health needs:

- * Ravenwood Mental Health Center's COPEline (an emergency mental health hotline)
- * Assertive Community Treatment (Ravenwood's mobile mental health service for those with severe and chronic mental illness)
- * Catholic Charities' Community Psychiatric Supportive Treatment (coordinating services for emotionally and behaviorally challenged youth)
- * Older Adult Care Management (Catholic Charities supportive in-home service for isolated seniors).

All of the agencies highlighted in this issue of the Facilitator receive funding from the Geauga County Board of Mental Health and Recovery Services to help bring these programs to you.

We have also been busy at the Mental Health Association. In January 2007, we partnered with the Geauga County Board of Mental Health and Recovery Services, NAMI Ohio and NAMI Lake County to form a Geauga Chapter of the National Alliance on Mental Illness (NAMI). NAMI Geauga holds monthly support groups and will begin holding monthly speaker meetings in June 2007. The first Family-to-Family Education course began in March 2007, and will finish its first 12-week session in June.



NAMI Geauga County members Ken Rarick, Ed Boulware, Sally Matthews and Carol Vlack.

The Facilitator

A publication for friends of MHA

Summer 2007

The Teddy Bear Patrol makes its way through the Maple Festival Parade.



The Very Important Kid program at MHA was expanded in February 2007 to include the Very Important Kids Club, which is held at the Middlefield Library on the first Saturday of each month.

Our Sihler Professional Workshop Series continued in 2007 with "Assessing and Treating Post-Traumatic Stress Disorder in Youth" on May 4, 2007 at the Notre Dame Education Center. Workshop Presenter Dr. Norah Feeny, psychologist, professor, and director of the Post-Traumatic Stress Disorder Treatment and Research Center at Case Western Reserve University conducted a day-long training that included a Cognitive Behavioral Therapy model for treating PTSD. The 48 workshop participants included mental health and children's services professionals from Geauga and surrounding counties.

Our most recent focus has been raising funds for our Teddy Bear Patrol program, which provides teddy bears to police, fire, and emergency personnel to give to children in traumatic situations. We participated in the Maple Festival Parade with a Teddy Bear Patrol car, handing out flyers explaining the program and requesting donations to sponsor a bear. We have asked area businesses for their support, and have received some generous responses. Please patronize our newest GOLD SPONSORS. Take a moment to read about the Teddy Bear Patrol and make the choice to help us continue this valuable service to Geauga County children.



Michelle Doehring

I would appreciate your comments or suggestions to aid in future publications. I hope you enjoy this issue of the Facilitator, and that you come to appreciate the mental health programs available here in Geauga County as much as I do!

Michelle Doehring, Executive Director
 Mental Health Association in Geauga County

Mental Health Association in Geauga County's mission is to promote services and programs that are responsive to the mental health and chemical dependency needs of the citizens of Geauga County. In furtherance of this purpose, we shall: *Provide individual and group educational opportunities. *Research, evaluate and disseminate relevant information. *Increase awareness of mental health and chemical dependency causes and issues. *Address public perceptions of mental health and chemical dependency. *Support and facilitate the programs, activities and services of public and private providers. *Foster public visibility of the Association as well as other community agencies.

Name _____
 Address _____
 Funded by: _____
 The Geauga County Board of Mental Health and Recovery Services

Mental Health Association
 10771 Mayfield Road
 in Geauga County
 Chardon, Ohio 44024-9323
 (440)285-3945
 Fax (440)285-2756
 Email: info@mhaageauga.org
www.mhaageauga.org



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Big Brothers Big Sisters



Big Brothers Big Sisters of Northeast Ohio provides mentors to children in Lake, Geauga and Ashtabula counties through two separate and distinct mentoring programs. The programs are available at no cost to the children and their families.

Caring adult volunteers, age 19 and older, are matched with children, age six to 15, in one-on-one relationships. Mentors do not take the place of the parent(s) but provide another adult figure that offers consistent support and friendship. The second program offered by the agency focuses on supplying mentors to elementary school children in an after school setting. At present, 21 after-school programs are being held in 20 elementary schools for children in grades three to five. The programs are designed to help the children develop positive attitudes toward school, build self-esteem and have fun while improving their natural abilities and social skills.

“The goal of BBBSNEO is to provide a mentor to every child who needs and wants one.”

Please call 440-352-2526 to volunteer as a mentor!

Catholic Charities Services of Geauga County

Dedicated to helping families and individuals heal, strengthen and enrich their valued relationships for effective and healthy living. Our services are provided to anyone in need regardless of gender, race, religion or national origin.

Catholic Charities offers the following services:

Counseling and Support - are provided for children, teens, older adults, and families experiencing individual, interpersonal, and drug and alcohol concerns.

Older Adult Care Management Program - supportive in-home services for isolated seniors.

Community Psychiatric Supportive Treatment (CPST) - links emotionally and/or behaviorally challenged youth and their families to existing community supports and coordinates services to families.

Parent Education Programs are designed to meet the needs of today's families, enhancing parenting skills and improving interaction.

Gauga YOUTH L.E.A.D. Program - this program is designed to help 14 to 22-year old youth develop life and employment skills. Staff works with the youth to support academic and job related performance.

Family Violence Intervention Program - is a 26-week psychoeducational group for adult male perpetrators of domestic violence. During the course of the program men learn to take responsibility for their actions, identify how their behavior interferes with healthy relationships and learn to manage stress and appropriately express themselves.

Older Adult Services - support groups and counseling services provided for older adults through the Senior Centers in Geauga County.



Contact Catholic Charities Services at 440-285-3537 for further information.



The Lake Geauga Center on Alcoholism and Drug Abuse, Inc.

has been serving the community since 1971. The Center's Mission is to “provide superior prevention, outpatient and residential services to individuals and families affected by alcoholism, substance abuse or mental health concerns, regardless of ability to pay and consistent with 12-step programs”.

At the Center's Chardon office, a full range of outpatient services are offered, including assessment, treatment and aftercare. In 2006, 75% of clients who attended treatment groups achieved their treatment goals. Lake Geauga Center also has a very successful jail treatment program at the Geauga County Jail. 60% of the inmates reported being sober on a six month follow-up survey. Geauga County residents are also served at the Center's Painesville residential treatment facilities - Oak House for women and Lake House for men.

For the community, the Lake Geauga Center provides prevention services for adults and youth. These include Drug Free Workplace Programs, a 72-hour Driver Intervention Program, community coalition work, and Geauga County's Teen Institute, which is a school-based program co-coordinated by the Center.

For further information, please contact Beverly Waliga, Prevention Supervisor at 440-285-9119 ext.225 or bwaliga@lgcada.org.



WomenSafe's mission is to provide emergency shelter and support services for survivors of domestic violence and their families in Northeast Ohio. **WomenSafe** strives to ensure a future in which women, men, and children live in a violence free environment.



WomenSafe offers emergency shelter for victims of domestic violence, diagnostic assessment, counseling, case management services, art therapy, peer support groups, court advocacy and 24 hour crisis management and support. Community education and prevention programs are also available for schools and area organizations. Topics include: parenting skills training, violence free dating and date rape prevention, and elder abuse.

All services are provided free of charge. For more information about any of WomenSafe's services, please call 440-285-2222 x 5680, or visit them online at www.womensafe.org. For emergencies call COPEline (888-285-5665) a 24-hour phone line.



Ravenwood Mental Health Center offers services to meet a variety of mental

health needs. One of the main goals of the agency is to provide the elements needed for individuals with mental illness to live independently and successfully in the community.

Ravenwood also offers education programs for youth and families, drug and alcohol prevention services, in-home based family therapy, and forensic counseling services.

Emergency Services

- * COPEline - 24-hour hotline for mental health, domestic violence, and child/elder abuse and neglect reports. (440)285-5665 or 1-800-285-5665
- * Crisis Intervention
- * Pre-Hospital Screening

Adult & Youth Services

- * Diagnosis/Assessment
- * Mental Health Counseling - Individual, Family, Couples, Group
- * Case Management
- * Parenting Skills Group
- * Psychiatric services for adults and children
- * Anger Management Education groups for adolescents and adults
- * Intensive Outpatient program for teens
- * Drug and alcohol assessment and counseling
- * Supportive Living Services (SLS)
- * Transitional Living Center
- * **Amish Program** - Outreach, community support, counseling and psychiatric services to the Amish.
- * **One-on-One Program** - professionals work with children and families within their natural environment to avoid out of home placement.
- * **Bridges** - Partial Hospitalization Program for Geauga County youth ages 11 to 17. They receive intensive group therapy while

- continuing to live at home and attend school.
- * **STOP** - coordinated community program which provides immediate and continuous help to children and their families who have been affected by sexual abuse. Treatment for sexual offenders is offered for those who meet the program's admission criteria.
- * **New Beginnings** - Adult Partial Hospitalization Program designed to reduce psychiatric hospitalization.
- * **Assertive Community Treatment (ACT)** - A program to promote recovery in the community for severely mentally ill individuals who may not respond to traditional office based care and who may require a more intensive level of treatment.

Ravenwood accepts Medicaid, Medicare, private insurance, and has a sliding fee scale for Geauga County residents who qualify. Please call Ravenwood Mental Health Center for information at 440-285-3568.

Suicide Prevention Coalition



DON'T

- * Leave the person alone
- * Dare the person or try “reverse psychology”
- * Minimize
- * Promise confidentiality
- * Offer empty reassurances
- * Argue or lecture
- * Encourage guilt
- * Make moral judgments
- * Go it alone

DO

- * Ask questions
- * Assess the danger
- * Listen without passing judgment
- * Encourage expression of feelings
- * Be empathetic
- * Stay calm
- * Tell others and get help

TEEN INSTITUTE

Teen Institute (TI) for the Prevention of Drug and Alcohol Abuse is a teen peer-prevention program in area high schools. The purposes are:

- * to develop the participants' prevention leadership potential, and
- * to train the participants to implement alcohol and other drug abuse prevention projects.

For over 20 years Teen Institute has been spreading the message that it is OK to be drug and alcohol free. If your teen goes to one of these high schools, contact Teen Institute at (440)279-1706 to get them involved in TI activities.

Berkshire * Chardon * Cardinal * Kenston * Chagrin Falls * Ledgemont * West Geauga



Neighboring Mental Health Services provides to the Geauga community:

- * Support, education, socialization, and vocational rehabilitation to mental health consumers, their families, and persons in crisis or transition
- * Licensed professional staff
- * Medicaid certification by the Ohio Department of Mental Health
- * Accreditation by the Commission on Accreditation of Rehabilitation Facilities



EMPLOYMENT SERVICES:

- * Job Readiness Training - One-on-one training in resume development, completing an application and interview skills.
- * Volunteer Employment, Support and Training (V.E.S.T.) - This program uses volunteer work as a pre-employment training tool. Provides a supportive environment in which to practice critical work skills and build confidence and self-esteem.
- * Job Placement and Job Coaching - Places prescreened job-ready individuals in competitive employment and offers on-site instruction regarding specific duties.
- * Follow Along Services - Provided as an ongoing service to those who get a job, to assure that they keep the job.

You are eligible for Neighboring's Employment Services if you are 18 years of age or older, have the desire to work, have a severe mental disability or are referred by a contracted agency. For more information about Neighboring's Employment Services or to schedule an appointment, contact Sindy Muzzio at (440)286-7448 or email smuzzio@neighboring.org.

TEDDY BEAR PATROL

Sponsor a Bear Today!

**Sometimes Things Seem Unbearable!
You can put a teddy bear into the arms of a
child when they need it most...**



Please help the Mental Health Association in Geauga County continue to provide the comfort of a teddy bear to children in traumatic situations. We arm Geauga County police, fire departments, EMTs, sheriffs and victims advocates with cuddly bears to give to children in crisis. Become a **GOLD SPONSOR** by donating \$50 or more and your name will be listed in our next Facilitator Newsletter and on our website.

Our newest GOLD SPONSORS: Dutch Craft Cabinets * Dr. Loren Shapiro * Zook Enterprises * Peterson & Ibold Attorneys At Law * Vanity Station Hair Design *

Call The Mental Health Association in Geauga County for further information at 440-285-3945.

A 9-year old boy's father was arrested. The boy loved his bear and put a badge on him-he made a new friend.

A child was anxious after a choking episode-the bear relaxed her and she was able to sleep.

Twenty-five school children were on a field trip and were attacked by a swarm of bees. All of the children were sent to the emergency room; they were calmed by holding a bear.

Three children were involved in a vehicle crash in a snowstorm. The bears were very helpful in this situation-all the children were calmed and happy to receive bears.

Officer assisted in rescue for a toddler with a foreign object stuck in his nose. Toddler held bear tightly to his chest while being checked by EMTs.

Yes! I would like to make a donation to The Teddy Bear Patrol:

Donators Name: _____

Address: _____

City/State/Zip: _____



- \$15 Sponsors 1 Teddy Bear \$25 Sponsors 2 Teddy Bears Donations of \$50 or more will be listed in our Facilitator Newsletter and on our website

Please include your check or money order and send to the following address:

The Mental Health Association in Geauga County, 10771 Mayfield Road, Chardon, Ohio 44024
440-285-3945 - email: info:@mhageauga.org

Mental Health Association in Geauga County Programs Programs are funded by the Geauga County Board of Mental Health and Recovery Services.

The Very Important Kid Program is provided to Geauga County preschool and daycare facilities to support development of children's self-esteem. The program helps children to develop a better understanding of cooperation and collaboration. It enhances respect for their own individuality and feelings as well for the individuality and feelings of others. The Very Important Kid curriculum is available to preschool and daycare facilities outside Geauga County for an affordable fee.



VIK Kids Club

Looking for a **FREE** activity for your 3-6 year old?

Middlefield Public Library

First Saturday of the Month
10:00 a.m. - 11:00 a.m.

Stories * Crafts * Activities

The Very Important Kids Club is designed to enhance your child's positive self-esteem. Call or just stop in.



Contact the Mental Health Association in Geauga County at 440-285-3945 for more information.

Sibler Professional Workshop Series

Our Professional Workshop Series offers local mental health professionals a variety of workshops for continuing education credits. Assessing and Treating Post Traumatic Stress Disorder in Youth, Suicide and Homicide Risk Assessment and Treatment Planning, and Treating Persons with Co-Occurring Disorders are a few recent topics. These quality workshops are provided at affordable prices as a service to the mental health community.

NAMI Geauga County



NAMI, the National Alliance on Mental Illness, is a grassroots, non-profit education, support, and advocacy organization of families, friends, consumers, and professionals dedicated to improving the quality of life for all whose lives are affected by mental illness.

NAMI Geauga County's Mission is to offer mutual support and empowerment to persons and their families affected by serious mental illness through education, advocacy and emotional support.

Our **MAIN SUPPORT GROUP** Meets at 7:00 p.m. on the first Thursday of the month.

Our **EDUCATIONAL SPEAKER MEETING** Meets at 7:00p.m. on the third Thursday of every month.

The **Family-to-Family Education Course** is offered twice yearly. **Family-to-Family** provides in-depth basic education and skills training for families and friends of those diagnosed with a severe mental illness.

All groups are held at the Geauga County Board of Mental Health & Recovery Services 13244 Ravenna Road (RTE 44) across from Geauga Hospital in Chardon.



The Facilitator

The Facilitator is a mental health newsletter delivered free to Geauga County subscribers. The Facilitator focuses on local mental health trends, local agencies, available services, programs and resources in our area.



The Panorama Newsletter - The Geauga County Board of Mental Health and Recovery Services and the Mental Health Association collaborate in the development of this community newsletter. The Panorama includes information about local, state and national mental health trends, issues and events. There is no charge to Geauga County residents.

For information on any of the above programs, contact the Mental Health Association in Geauga County at 440-285-3945.

The Mental Health Association provides ParenTalk FREE to all new parents in Geauga County.



ParenTalk® is a parenting education newsletter, mailed at no charge to first time parents in Geauga County. Issues are sent monthly during the first two years of a child's life, and then several times a year until the child reaches the age of five. Each issue focuses on topics such as physical and mental growth, nutrition, and changing family needs as they relate to the current age and developmental stage of the child.

If you would like to receive the ParenTalk newsletter, please contact the Mental Health Association in Geauga County at (440)285-3945.

ParenTalk is published by Mental Health America of Franklin County.