**MARCH 2019**

** PANORAMA**

 **Geauga County Board of Mental Health and Recovery Services**

 **24/7 Geauga County Crisis Hotline**

 **Call COPELINE at 1-440-285-5665 or 1-888-285-5665**

**CRISIS TEXT LINE**

**Text 4hope to 741741 for Free, Confidential, 24/7 Support**

**March is Designated As Problem Gambling Awareness Month**

Governor Mike DeWine declared March 2019 as Ohio Problem Gambling Awareness Month to coincide with the national observance. The theme for this year is "Awareness + Action". The goals of the campaign are to increase public awareness of problem gambling, to promote the availability of prevention, treatment and recovery services for gambling addiction, and to encourage health care providers to screen clients for problem gambling issues.

Problem gambling:

 • Is a public health issue that affects up to 900,000 Ohioans of all ages, races and ethnic backgrounds

 • Often begins with youth at home, who gamble with family and friends and within video games

 • Has a significant societal and economic cost for individuals, families, businesses, and communities

 • Is treatable, and treatment is effective in minimizing this harm to individuals and society as a whole

Jim Adams, CEO of the Geauga County Board of Mental Health and Recovery Services said, "Gambling is often a hidden addiction, that left untreated, can have a devastating effect on individuals and their families. We are learning more and more about the brain and how different types of addictions, like gambling and substance abuse, may have some similarities in brain structural and chemistry changes. The more we know, the better treatment models we can build to help people recover."

Here are some behaviors of a problem gambler:

 • Frequently borrows money to gamble

 • Gambles to escape boredom, pain or loneliness

 • Lies to loved ones about gambling

 • Tries to win back money that was lost

 • Has lost interest in other activities

 • Is irritable about gambling behavior

 • Has unexplained absences for long periods of time

Anyone who gambles can develop a problem. Groups at higher levels of risk include older adults, adolescents, college students, veterans, and racial and ethnic minorities. Information, educational videos and articles about gambling, along with links relating to its effects on the brain, are available at [www.yourchemistry.org](http://r20.rs6.net/tn.jsp?f=0019HKxrXHPZDM0m5r3T17urD8ocoozGZ9uQFMZRhWI7HGJh4RcRaEN8lpb46tF15yvSSD3qiuC8J3N-jnSu6Dp5OdUoEIfTZlcmo-3AF6kZUnn6d3AHptvEKu9RipZXGTvoIm7g7WEpx_hGNrJDU-IPJX_BP3XZrSA67ixPFhYBL7N-XQvgLP2FQ==&c=9arYyitcyH9SX4wv7rpJI5n54DmYRN9mXodsMDF0gDSDWCu2uBtLSQ==&ch=lanbMrkofm3inMyizX5zkeYiOlVrHRg8WXBqSVvPbpYMp7BjFoKobA==) and [www.ProblemGamblingOhio.org](http://r20.rs6.net/tn.jsp?f=0019HKxrXHPZDM0m5r3T17urD8ocoozGZ9uQFMZRhWI7HGJh4RcRaEN8lpb46tF15yvjvqTHy-ykAlK7-FLKCApy8AoWNuFFfu4sB1a1-dQ2xHlQUEeryet0wA7tVB5cVVKCP9G4L_3GXPpQsxYwg8bSKuDMSPmLoEQ9H7SGEp8XIPibj9yqsByeTJ1BHxTsPmC&c=9arYyitcyH9SX4wv7rpJI5n54DmYRN9mXodsMDF0gDSDWCu2uBtLSQ==&ch=lanbMrkofm3inMyizX5zkeYiOlVrHRg8WXBqSVvPbpYMp7BjFoKobA==) . You can also call the Ohio Problem Gambling Helpline at 1-800-589-9966 to speak with someone directly.

If you or a loved one have a gambling addiction, local help is also available. Lake-Geauga Recovery Centers can provide prevention and education information, along with individual counseling and family group sessions. They are located at 209 Center Street, Unit E, Chardon, Ohio and can be reached by phone at 440-255-0678. You can also contact COPELINE at 440-285-5665 or 1-888-285-5665, which is available 24 hours, 7 days a week.

**Substance Use & Mental Health: Your Guide to Addressing Co-Occurring Disorders**

It's difficult enough if your teen or young adult is struggling with a substance use disorder, but what if they *also* are struggling with a mental health disorder, like depression or anxiety, at the same time?

Formerly referred to as "dual diagnosis," someone struggling with a substance use disorder and a mental health disorder at the same time has a **co-occurring disorder**. As many as 30 to 45 percent of adolescents and young adults with mental health disorders have a co-occurring substance use disorder, and 65 percent or more of youth with substance use disorders also have a mental health disorder. Often, it can be challenging to determine which one came first -- a sort of 'chicken or egg' situation -- and how to treat the symptoms and underlying causes of each.

It's for parents and other caregivers in this situation that the Center on Addiction and Partnership for Drug-Free Kids collaborated with [Child Mind Institute](http://r20.rs6.net/tn.jsp?f=0019HKxrXHPZDM0m5r3T17urD8ocoozGZ9uQFMZRhWI7HGJh4RcRaEN8lpb46tF15yv_-hMUAEGfQ1he0UpPxcgiOlmzaVtupIHRMtHNFlSDFPHmyNYWn6TVD9HUdlx0LLIW_3Vp2mxw6OLUN36x_jv7RcJGW-VP51dXc08fVd9QPw=&c=9arYyitcyH9SX4wv7rpJI5n54DmYRN9mXodsMDF0gDSDWCu2uBtLSQ==&ch=lanbMrkofm3inMyizX5zkeYiOlVrHRg8WXBqSVvPbpYMp7BjFoKobA==) on their new guide, [**Substance Use + Mental Health in Teens & Young Adults: Your Guide to Recognizing & Addressing Co-occurring Disorders**](http://r20.rs6.net/tn.jsp?f=0019HKxrXHPZDM0m5r3T17urD8ocoozGZ9uQFMZRhWI7HGJh4RcRaEN8lpb46tF15yvDHcngDDJdPN1dF0N-louH4Ctc6IMaIyGMXUxlKw9QQWlMD_iRH1T2-A-9RAYTZFOgjB4gMmIRDOWt3Xy-zHYO77cdKl30UmlmmRgNBhbSu4J4aRr3bLoFnCw03apb3i1GbyUorLYYkrOk-tUO4O01y0Al49ZMoZZxcHUoJKAHxkj9_z9Le6lkQ6wdUInhua-KmEJXJv8W-sE7ds7fKy6ZnTGt0KvYY6-&c=9arYyitcyH9SX4wv7rpJI5n54DmYRN9mXodsMDF0gDSDWCu2uBtLSQ==&ch=lanbMrkofm3inMyizX5zkeYiOlVrHRg8WXBqSVvPbpYMp7BjFoKobA==). What may be behind a young person's change in behavior is often hard to pin down, particularly when substance use and mental health are both factors. But understanding how these challenges can manifest in a child's life, and sometimes entwine to create new problems or complicate treatment, is essential to keeping kids healthy.

*Source: Center on Addiction and Partnership for Drug-Free Kids*

**Ravenwood Health Offers New Group!**

**Beyond: Female Anger Management**

**Beyond** focuses on anger, as well as the trauma women may have experienced.  It utilizes a variety of evidence-based therapeutic strategies (i.e., psycho-education, role playing, mindfulness activities, cognitive behavioral restructuring and grounding skills for trauma triggers). For more information [click here](http://r20.rs6.net/tn.jsp?f=0019HKxrXHPZDM0m5r3T17urD8ocoozGZ9uQFMZRhWI7HGJh4RcRaEN8lpb46tF15yvEkMmZaKIpCyLoz-dn8auIaNd0796JwLfKISVRFUnhW3eTvK-OJxyLBUsHBRHLsDosWMLSVcthL2rrVtWcAxtPEjPuW-OsFD7wAihjp2CkiqV8bU5y3gvZQL96dVJ8R6oFNh91giicA_mmgbi7HuFX9WNe2QuCooa4o2GFDdGz8FhiyZEzgKfc5NXlN7RuESU&c=9arYyitcyH9SX4wv7rpJI5n54DmYRN9mXodsMDF0gDSDWCu2uBtLSQ==&ch=lanbMrkofm3inMyizX5zkeYiOlVrHRg8WXBqSVvPbpYMp7BjFoKobA==).

**Recovery Housing Makes A Difference**

Did you know the Geauga County Board of Mental Health and Recovery Services provides for many kinds of supportive housing to individuals recovering from a mental health or substance abuse disorder? Research findings show that recovery supports, like housing, employment, and peer supports, often are as important in a person's successful recovery as counseling and medical treatment. The Ohio Department of Mental Health and Addiction Services licenses and certifies many types of housing options to help ensure individuals in recovery have safe homes with treatment and support options available to them.

To help educate mental health and substance abuse professionals, and the public, on how to develop, operate, and provide the best treatment to individuals in recovery housing the Ohio Recovery Housing Conference is held every year at this time. The "Bringing Recovery Home" Conference will be held in Columbus on April 2nd and 3rd for beginners and experts alike. The conference will provide basic workshops that will help operators develop key strategies for operations of successful recovery homes including starting recovery housing from the grassroots, how to develop the social model of recovery in your home and working with local building and zoning code officials. The conference will also offer in-depth discussions of emerging issues in the field, including recovery housing in the era of medical cannabis, successes and challenges of Medication Assisted Treatment in recovery housing and working with the families of recovery housing residents. To see the full agenda, sessions and to register, visit the [Ohio Recovery Housing Conference site](http://r20.rs6.net/tn.jsp?f=0019HKxrXHPZDM0m5r3T17urD8ocoozGZ9uQFMZRhWI7HGJh4RcRaEN8lpb46tF15yvdASvfy6xlLJEiJOPPQYCiY-YcHSFarX7mMXJerr2xsl7JtVo1zHIYfjKjwBfO5EGwSaLZ-hAQN1N9JEoAnGviV3yBn7d4i6n7SUfRJcwFh-cfTjNUNasQDvNJZey4eidwcaeytKr-F4R1VlrrONE_gnGTJQ8IGp9rrpQLnvxN33bepM9eNY9Z9RIQcbLxz7rkmtK4HkG1OM0r6-usJsJJm8s3-MOdnvJpISDrVhMJpKN6elK92CpoOH14mjYKm7ts9B0oc7CCmjTzUFFkgR3wFc9riUEiOmXFAMR2hUylcj1BXnAf5HeOJjQLqFov5sbDEM7PrsDpzgr4ifssLdLS5SOSLc-QQzC-k-FHZ3XXbl-kIdJkXOAQRYJC6gWOfvGTxFgl4py6vn-uUnJT4gj2tAI_YRoLErS9IimyFn-MXPJGPuqL3gh__0uHt-1oNUpx36uTWEG53NybWXtRFIeusbesyg8qd_EErF1ZiWlKfhTDw2-hcpOnAuDzv5h0PnKHIkuGOElKx78WuJX1JbVqtCtOnaCGKrIypupnRWlLFVLYy6K2grWQzZQnI5an4Hh&c=9arYyitcyH9SX4wv7rpJI5n54DmYRN9mXodsMDF0gDSDWCu2uBtLSQ==&ch=lanbMrkofm3inMyizX5zkeYiOlVrHRg8WXBqSVvPbpYMp7BjFoKobA==). Early registration rates are available until **March 11, 2019**. Discounted hotel room rates are available until March 11th or until the hotel room block is sold out.

****Lake-Geauga Recovery Centers Alumni Association's**

***St. Patrick's Day Dinner Dance***

Join Lake-Geauga Recovery Centers as they celebrate St. Patrick's Day on Saturday, March 16th at the Painesville Township Park Community Center at 1025 Hardy Road from 6:00-11:00 p.m. Tickets are $10 per person. Purchase tickets online at [www.lgrc.us](http://r20.rs6.net/tn.jsp?f=0019HKxrXHPZDM0m5r3T17urD8ocoozGZ9uQFMZRhWI7HGJh4RcRaEN8iHXHIBy_L2OaEt-Im0ZhBsDirpRfE7nquhOzXbJCl8vTr8zkfg2-KndHbgQU8diOELwdPPucFryw0ri4Wt8NKRC2OVEDfkd_Apxukdb6g-f&c=9arYyitcyH9SX4wv7rpJI5n54DmYRN9mXodsMDF0gDSDWCu2uBtLSQ==&ch=lanbMrkofm3inMyizX5zkeYiOlVrHRg8WXBqSVvPbpYMp7BjFoKobA==). Tickets will also be available at the door.

This adult-only event is open to the public and includes dinner and dancing! There will also be a 50/50 raffle. Grab your friends, neighbors and co-workers for this sober party. No Blarney! You'll have a great time.

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| Geauga County Board of Mental Health and Recovery ServicesPhone 440-285-2282 | Email mhrs@geauga.org | [www.geauga.org](http://r20.rs6.net/tn.jsp?f=001idavkNEfclBNBDhxIXQZ89qWpME3J7JK2Xb_HdVFvNF99UaE8z2v5hty4DfCNiZ4s7pfoI6v-LBj_9JWeWdJ0VFN5YJkvlkWXFiPK193D5jtKHrYTcI_bawntN00IdOsAiGJ98TvH1AdDjFeYZzwutM8yf-QCXr9_oyOdrNVXc0=&c=UyFJIcW0gJ7I0J7cD2QddvsaWQ2tHVCGKV5U7Nh5a6eURUfiMruDgQ==&ch=yodQnR9pNgG-yYfs4ZsWO-3RUW5LT6WvrUoBvHIt5WDvlNke4VNXag==)  |